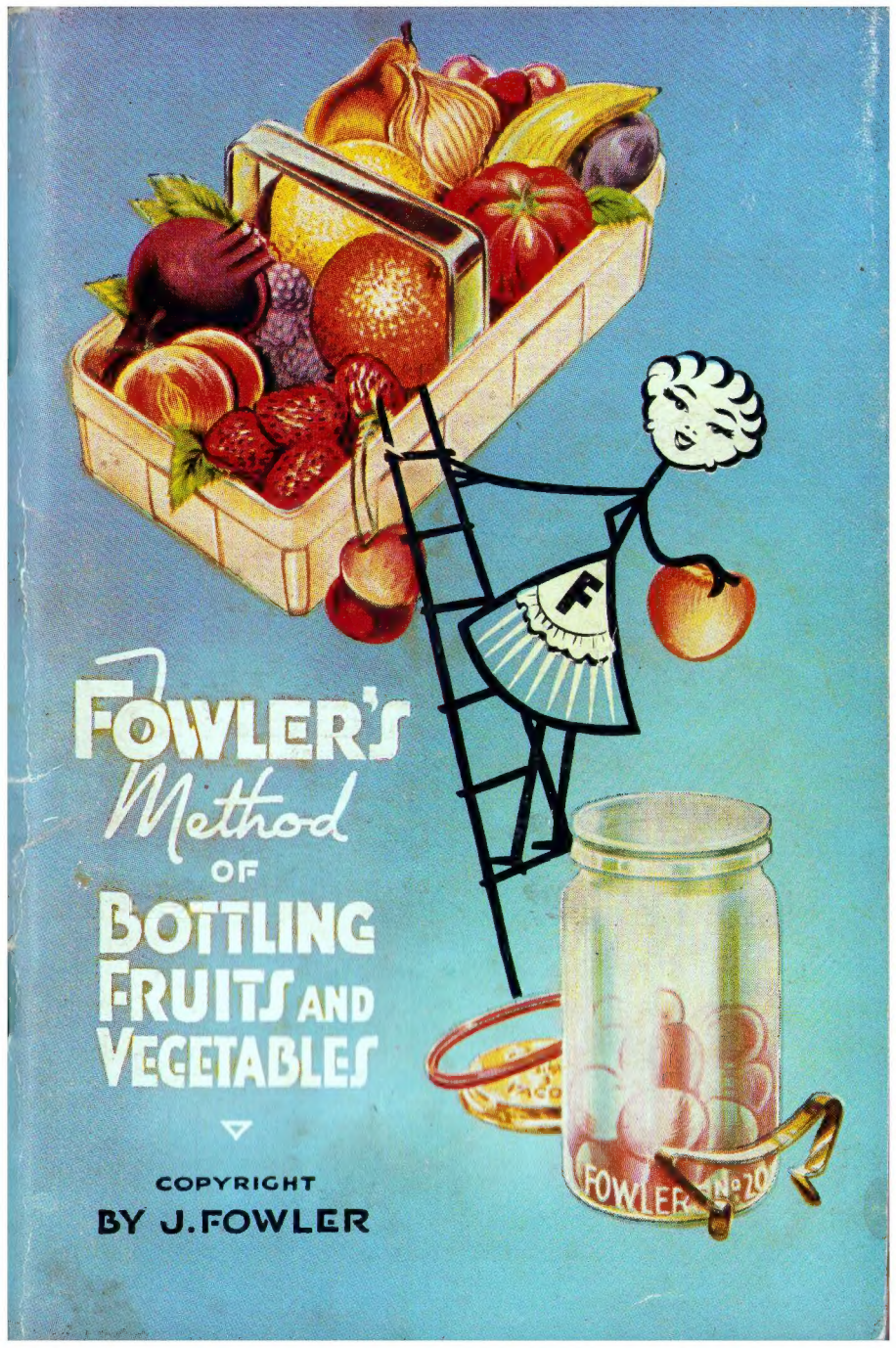
FOWLER'S
Method
OF
BOTTLING
FRUITS AND
VEGETABLES
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BY J. FOWLER
FOWLER No 20


## *SPECIAL NOTICE:*

**Owing to the high cost of research work carried out in our Laboratory, ONE COPY ONLY of this Copyright Book of Instructions entitled FOWLERS METHOD OF BOTTLING FRUITS AND VEGETABLES, is supplied with each Vacola Bottling Outfit. In the event of this book being lost, or becoming out-of-date, a copy of the latest edition of the book may be purchased from Fowlers Vacola Manufacturing Co. Ltd., 257 Burwood Road, Hawthorn, E.2, Victoria, for the sum of 10/6 (which includes sales tax and postage). The Registered Number of your Steriliser must be supplied at the time of ordering — this is important, as no book will be supplied to anyone not having a Vacola Bottling Outfit.**

**FOWLERS VACOLA**
MANUFACTURING CO. LTD.

# FOWLERS METHOD



## TWENTIETH
## REVISED EDITION

Every Mrs. B. Thrifty saves shillings on every bottle

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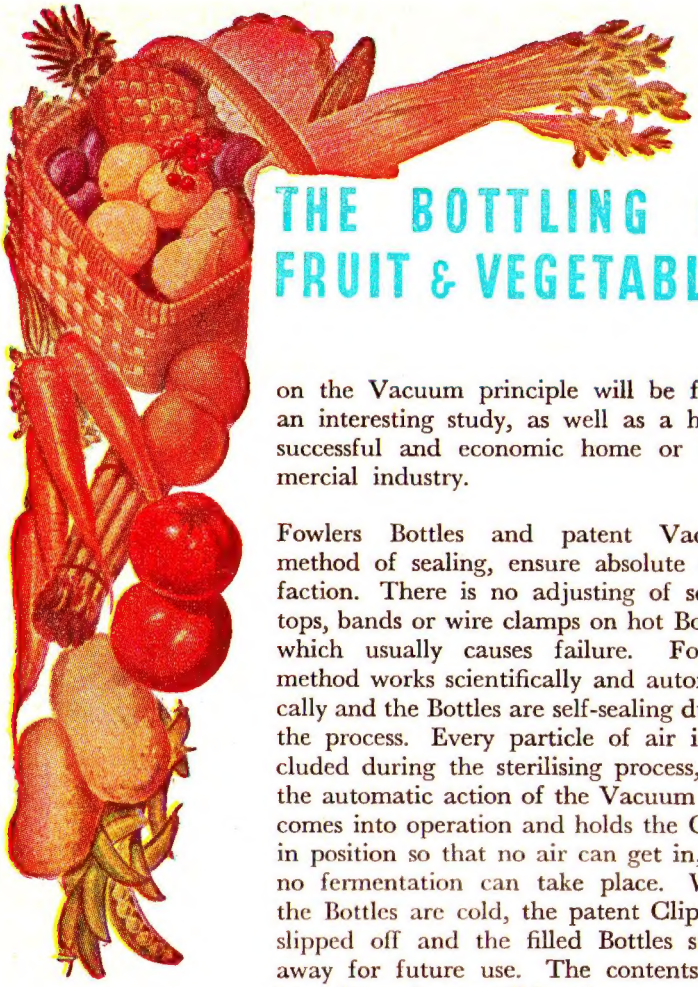


# THE BOTTLING OF FRUIT & VEGETABLES

on the Vacuum principle will be found an interesting study, as well as a highly successful and economic home or commercial industry.

Fowlers Bottles and patent Vacuum method of sealing, ensure absolute satisfaction. There is no adjusting of screw-tops, bands or wire clamps on hot Bottles, which usually causes failure. Fowlers method works scientifically and automatically and the Bottles are self-sealing during the process. Every particle of air is excluded during the sterilising process, and the automatic action of the Vacuum then comes into operation and holds the Cover in position so that no air can get in, and no fermentation can take place. When the Bottles are cold, the patent Clips are slipped off and the filled Bottles stored away for future use. The contents will keep in perfect condition for years.

Should any Client desire further information respecting the bottling of any food, we shall be pleased at all times to answer enquiries. It is our desire to assist Clients in every possible way with the expert knowledge at our disposal, so that they may realise as satisfactory results in their own homes, with the aid of Vacola Bottling Outfits, as can be obtained in an expensively fitted factory.

Clients who have purchased Vacola Bottling Outfits in the past will find in this Twentieth Edition of the Book of Instructions, that some of the temperatures and times vary slightly compared with previous editions. These alterations have been made after carrying out a series of experiments with a view to obtaining the most reliable temperatures and times to produce perfect results in Flavour, Appearance and the Destruction of all Harmful Bacteria.

The instructions given in our book should be rigidly adhered to. Departure from these instructions may be dangerous.

We do not recommend the use of Powder Chemical Preservatives—this, in our opinion, is most undesirable, especially if it is intended to serve the preserved food to children. The addition of Chemical Preservatives to food packed in factories is strictly controlled by the Pure Food Regulations of each State and therefore should not be attempted in the home.

Numerous letters and testimonials have reached us from satisfied Clients and it is very gratifying to learn that the highest Awards in the District Exhibits and One Farm Exhibits at all the principal Agricultural Shows throughout Australia, were awarded to Clients using Fowlers method.

If you are satisfied with your Vacola Bottling Outfit, we solicit your kind recommendation to friends — if not satisfied, write to us.

IF writing for special instructions, recipes or seeking information, please enclose a stamp for a reply, and mention the Registration Number of your Steriliser, so that we may know you are a bona fide Client. Owing to the hundreds of letters received weekly, especially during the Fruit Season, letters cannot always be answered promptly, but queries will be answered even though there may be a slight delay.

## Special Notice



**FOWLERS VACOLA**
**MANUFACTURING CO. LTD.**
**257 Burwood Rd., Hawthorn, E.2, Victoria, Australia**

JOSEPH FOWLER (Managing Director)
Late Director of Geo. Fowler, Lee & Co. Ltd., Reading, England, Specialist in Fruit, Vegetable and Game Bottling, Milk Pasteurising, etc., etc.

We are very pleased to hear from Clients at all times, and extend a hearty invitation to visit our Showroom at Hawthorn any time when in the district.

Railway Station:
GLENFERRIE (5 minutes)

MELBOURNE, OCTOBER 1958

## GENERAL BOTTLING INSTRUCTIONS

*IMPORTANT.* — First read carefully these General Bottling Instructions on pages 9-16, then the Special Instructions at the beginning of the section relating to the item you wish to bottle (the sections—Fruits, Vegetables, Meat, etc., appear in the Index). Thirdly, refer to the Index, pages 2-5, for the item you wish to bottle, turn to the page required, and there you will find the temperature and time clearly stated.

FRUIT SHOULD NOT BE PACKED INTO THE BOTTLES WITH SYRUP OR WATER, ETC., AND LEFT OVERNIGHT FOR STERILISATION THE FOLLOWING DAY, AS IT WILL FERMENT. FRUIT SHOULD BE STERILISED STRAIGHT AWAY, AFTER BEING PACKED INTO THE BOTTLES. If you find yourself pressed for time and you have to leave the bottles overnight, then put them in about half the normal amount of water in the sterilizer and heat fairly quickly till the temperature reaches 160 degrees. Turn off heat, remove the lid from the sterilizer and allow the bottles to stand overnight in the water in the sterilizer. Next day, proceed as if you were starting from the beginning but subtract half an hour from the normal sterilizing time.

1. Thoroughly wash the Bottles, Covers and Rings.
2. Place the Rings on the Bottles. The easiest method of placing the Ring on the Bottle correctly, is to wet the Ring and lay it flat on the table, pick up the Ring, and place it evenly in the groove around the mouth of the Bottle, exactly as the Ring lay on the table. When on the Bottle, the *smooth flat surface of the Ring should be uppermost,* and tilting slightly away from the Bottle, as illustrated. The rough outer surface of the Ring should not be uppermost, as

this is likely to prevent the Bottle from sealing. On no account should the Ring have a twist in it, when in position on the Bottle.

3. Prepare the Syrup, Water, Honey or Honey Solution for Fruit, or Brine for Vegetables, etc., as per instructions on pages 17 to 19.
4. If necessary wash, or peel and slice, the Fruit, Vegetable, etc., you wish to bottle.

5. Certain Vegetables require BLANCHING and this is done as per instructions on page 67, before packing the Vegetable into the Bottles. Pack each Bottle with as much Fruit, Vegetable, etc., as possible, to within half inch of the top. If small Fruit, shake down by knocking the Bottle gently on the table. The Packing Stick, as illustrated above, is very useful for the packing operation.
6. SLOWLY fill the Bottles FULL TO OVERFLOWING with the Syrup or Brine, etc. The liquid should be poured into the Bottles SLOWLY, so that the air may have time to escape, otherwise, during sterilisation, some of the liquid may be forced out of the Bottles, leaving the contents at the top of the Bottles uncovered by liquid.
7. Close the filled Bottles by putting on the Covers with a slight screwing motion, then the Clips, seeing that the two shoulders of each Clip fit under the lip of the Bottle, as illustrated. When using Glass Covers, it is advisable to place two Clips crosswise on each Bottle, as illustrated on the right.


8a. Where the sterilising temperature required is boiling point (210-212 degrees) for VEGETABLES, MEAT, POULTRY AND SOUP, IT IS NECESSARY TO ADD SALT TO THE WATER IN THE STERILISER FOR THE FIRST STERILISATION, in the proportion of ¼ lb. Salt to 1 gallon of Water. Salt, being a conductor of heat, raises the temperature of the Water above boiling point, and ensures that the contents of the Bottles reach boiling point. It is not necessary to add Salt to the Water for the second sterilisation. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP," as this may crack the Bottles. Just gently boil.

8b. Place the filled and closed Bottles in the Steriliser, then pour in WARM Water if the Bottles are hot (e.g. filled with hot Tomato Soup), otherwise cold Water, until the Water reaches THREE PARTS UP THE SIDE OF THE BOTTLES. One or more Bottles may be sterilised and it does not matter in the least about the Bottles touching each other; they need not be protected with straw or other packing. Add Salt (¼ lb. to 1 gallon Water) if the temperature required is boiling point. Place Thermometer in Thermometer-chamber, on side of Steriliser.

8c. If No. 3, No. 10 or No. 14 Bottles are being sterilised, it is necessary to use the *Steam Cooking Stand,* as illustrated on the left (see also page 138), to raise the Bottles sufficiently, to allow enough Water to be put in the Steriliser, so that the Water will enter the Thermometer - chamber and the Thermo-

meter will correctly register the temperature.

8d. If two or three different size Bottles are being sterilised at the same time, see that the Water in the Steriliser is NEARLY UP TO THE NECK OF THE SMALLEST BOTTLE, and this will be sufficient for the largest Bottle.

9a. The temperature and time required will be found under the heading of the particular Fruit, Vegetable, etc., to which they apply. Consult Index, pages 2 to 5.

9b. If bottling two or more kinds of Fruit in the same Bottle, or if sterilising two or more kinds of Fruit in the Steriliser at the same time, look up the temperatures required for the respective Fruits, and use the HIGHER, OR HIGHEST, TEMPERATURE AND THE TIME WHICH ACCOMPANIES IT.

9c. SLOWLY heat the Steriliser on a Gas, Electric, Slow Combustion, Oil or Fire Stove, or, if an Electric Steriliser is being used, plug it in to a power-point (instructions for operating an Electric Steriliser are given on page 133), until the required temperature is reached. See that the temperature is raised SLOWLY. IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE.

10a. As soon as the Thermometer registers the required temperature, lower the Gas or Oil burner, or, if the Steriliser is being heated on an Electric, Slow Combustion or Fire Stove, move the Steriliser partly from the Hot-plate or Fire, so that the temperature will remain as near as possible to the particular degree required, or, if necessary, drop

from a higher temperature to a lower temperature. If Salt is used in the sterilising Water, remember to boil gently. THE SALT WATER IN THE STERILISER MUST NOT BOIL HARD OR "WALLOP," as this may crack the Bottles.

10b. COUNT THE TIME FROM WHEN THE TEMPERATURE IS FIRST REACHED, AND WHERE TWO TEMPERATURES ARE MENTIONED, FROM THE TIME THE HIGHER TEMPERATURE IS REACHED. e.g. Pears. Bring to 200 degrees, allow to fall to 180 degrees, and hold at 180 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees*. The time is counted from when the Thermometer first registers 200 degrees. It may take one hour for the temperature to fall from 200 degrees to 180 degrees, and this hour would be included in the 2½ hours.

11a. If the large No. 65 or No. 36 Bottles are being sterilised simultaneously with smaller Bottles, the smaller Bottles should be lifted out of the Steriliser first, and the larger Bottles given an EXTRA 15 MINUTES' COOKING TIME in the Steriliser.

11b. After the specified time has elapsed, turn off the heat, or remove the Steriliser from the Hot-plate or Fire. Remove the Bottles from the Steriliser, and as soon as you remove each Bottle, PRESS WITH YOUR FINGER AND THUMB (being careful not to disturb the Clip) ON THE COVER, to make sure that the Cover is seated well down on the Ring. Occasionally, during sterilisation, the Ring may become displaced, but pressure on the Cover will force the Ring back into the groove. The Bottle Tongs, illustrated on the left, are ideal for removing the Bottles from the Steriliser.

11c. DO NOT STAND THE BOTTLES IN A DRAUGHT AND ON NO ACCOUNT STAND THEM ON A STAINLESS STEEL SINK OR ANY TABLE OR BENCH WITH A GLAZED SURFACE SUCH AS MASONITE, LAMINEX OR SIMILAR PRODUCTS which generally have a cool surface. The Bottles should be placed on a WOODEN SHELF OR TABLE, OR ON TWO OR THREE THICKNESSES OF NEWSPAPER. Complaints of cracked Bottles have, upon investigation, proved to have been caused in numerous cases, by placing the Bottles on a cold surface.

12. After 48 hours, IT IS NECESSARY TO RE-STERILISE VEGETABLES, MEAT, POULTRY, FISH AND SOUP. DO NOT REMOVE THE CLIPS FROM THE BOTTLES BETWEEN THE FIRST AND SECOND STERILISATIONS. It is not necessary to add Salt to the Water in the Steriliser for the second sterilisation. Do not forget to PRESS WITH FINGER AND THUMB ON THE COVERS, when removing the Bottles from the Steriliser after the second sterilisation.

13. ALLOW THE BOTTLES TO STAND FOR 36 HOURS OR LONGER, to enable the contents to become absolutely cold, then remove the Clips, which may be used again on other Bottles.

EXAMINE EACH BOTTLE CAREFULLY, to make sure the Cover is hermetically sealed and perfectly fast on top of the Bottle. A good method of testing is to place a pencil across the top of the Cover, and if the Cover is concave—so that you can see between it and the pencil—you may be quite sure that the Bottle is hermetically sealed. Also, give the Covers a slight twist, to make sure they are tight on the Bottles.

14a. If from any cause whatever (see "Bottles Failing to Seal," page 22), a Cover is found to be loose on top of a Bottle, put the Ring, Cover and Clip

in their correct positions, and to re-seal, immediately repeat the sterilising process as follows:

FOR FRUITS: Bring to 190 degrees, and hold at this temperature for half hour.

FOR MEAT, POULTRY, FISH: Bring to boiling point (210-212 degrees), and hold at boiling point for half hour.

FOR PICKLES, SAUCES: Bring to 170 degrees, and hold at this temperature for half hour.

FOR MISCELLANEOUS: Bring to original temperature, and hold at this temperature for half hour.

14b. Do not forget to PRESS WITH FINGER AND THUMB ON THE COVER, when removing the Bottle from the Steriliser. ALLOW THE BOTTLE TO STAND FOR 36 HOURS OR LONGER, before removing the Clip and re-examining, to make sure of a perfect seal.

15. STORE THE FILLED AND STERILISED BOTTLES IN A DARK, COOL PLACE. We recommend this especially for Fruit, because if it is stored in a strong light, it will lose some of the beautiful colour which is prevalent after sterilising by our method. It is not recommended that the filled and sterilised Bottles be stored on a top shelf in pantry or kitchen, as hot air rises, and during hot weather the contents of the Bottles would tend to incubate. A dark, cool cupboard, with a good circulation of air, is the ideal place for storing bottled Fruit, Vegetables, etc.

16. VEGETABLES, MEAT, POULTRY AND FISH must be boiled or otherwise cooked, for TEN MINUTES, before serving. See "Home Bottled Vegetables, Meat, Poultry and Fish," page 64.

17. If you have a Blocked Tin Steriliser, we recommend the following treatment, to prevent rusting. After each sterilisation, rinse the Steriliser thoroughly with very hot Water, allow to dry, then rub the inside of the Steriliser with a piece of cloth smeared with a little dripping, or other fat.

DON'T MISS READING ABOUT THE MANY HELPFUL ACCESSORIES ON PAGES 135-138.

and

DETAILS OF VACOLA OUTFITS AND OTHER VACOLA PRODUCTS ON PAGES 129-141.

* * *

## HOW TO OPEN BOTTLES SEALED WITH METAL COVERS

When the Bottles are sealed and have stood for some time, the Covers thoroughly bed themselves down on the Rings, and some Clients find it difficult to remove the Covers without damaging same.

Insert any instrument having a sharp point underneath the side of the Cover until the Ring is displaced or pierced. You will then hear the inrush of air, and the Cover may be easily removed.

The Vacuum Bottle Opener, illustrated on page 137, has been especially designed for the purpose.

So long as the shoulder of the Cover is not damaged, it may be used again, and should any slight damage be done to the edge of the Cover when taking it off,

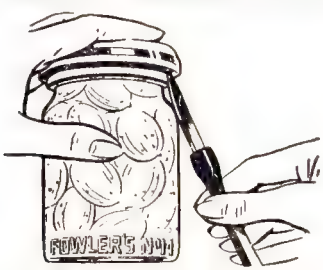
it can be remedied by gently tapping the edge round again with a small hammer.
Do not prize the Cover upwards.

## HOW TO OPEN BOTTLES SEALED WITH GLASS COVERS

When removing the Metal Cover, we instruct you to displace or pierce the Ring by inserting the Vacuum Bottle Opener under the side of the Cover.

When the Glass Cover is used, you cannot do this, because there is not sufficient room to force the Vacuum Bottle Opener through the Ring.

Stand the Bottle on the table, put the palm of the hand on top of the Cover, place the point of the Vacuum Bottle Opener between the Cover and the Ring (not between the Ring and the Bottle), and prize gently upwards until you force the Ring out of position sufficiently to allow the air to enter the Bottle. You will hear the air entering the Bottle, and in a moment the Cover will be loose.




## BOTTLING FRUIT IN SYRUP

Syrup is usually made in one of three grades—Light, Medium or Heavy. Any grade may be used for almost any Fruit, according to individual taste (the Heavy grade being the sweetest), but Medium is the grade most popular.

White Sugar is preferable, and necessary if bottling for Show purposes, as it will give a clearer Syrup, but raw or brown Sugar may be used.

1. The Light Syrup is made by putting 2 lbs. Sugar to 1 gallon Water.

2. The Medium Syrup is made by putting 4 lbs. Sugar to 1 gallon Water.
3. The Heavy Syrup is made by putting 8 lbs. Sugar to 1 gallon Water.

Warm the Water and pour it over the Sugar, stirring until the Sugar is dissolved. Strain the Syrup through a very fine strainer, or several folds of muslin. The Syrup may be added to the Fruit either warm or cold.

4. A rule of thumb method adopted by many of our Clients is to put one teacup of Sugar to a teacup of Water. This is a quick and easy way of making this Syrup, and is usually found very satisfactory.

## BOTTLING FRUIT IN WATER

Simply use Water, either warm or cold, instead of Syrup. See also Diabetic Patients, page 19; Unsweetened Fruit, page 20; and Bottling Fruit for Jam Making, page 20; for details of how to use Fruit bottled in Water.
If desired, Saccharine tablets may be added to the Water in the Bottles to sweeten the Fruit—1 tablet to a No. 10 or No. 14 Bottle, 2 tablets to a No. 20 Bottle, 3 tablets to a No. 27 or No. 31 Bottle and 4 tablets to a No. 36 Bottle.

## BOTTLING FRUIT IN HONEY OR HONEY SOLUTION

1. If you like the full flavour of Honey, you can warm the Honey in a saucepan, to make it run easily, and use this, instead of Syrup. Sometimes, however, when the bottle of Fruit is opened for use, the Fruit is found to be too strongly flavoured, and either of the two following Honey Solutions may be preferred.
2. Put equal parts of Honey and Water in a saucepan, and heat as above. Use this Honey Solution instead of Syrup.
3. Put equal parts of Honey and Syrup in a saucepan and heat as above. Use this Honey Solution instead of Syrup.

## BOTTLING VEGETABLES IN BRINE

A suitable Brine is made by putting ½ oz. Salt to 1 pint of warm Water. Stir until Salt dissolves. When bottling with Brine, it is advisable to use our New Pattern Glass Covers, or our Stainless Steel Covers (see page 135).

## DIABETIC PATIENTS

Every Diabetic Patient should possess a Vacola Bottling Outfit and bottle their own Fruit, so as to have a supply all the year round—free from Sugar. Instead of using Syrup the Fruit is merely bottled in Water.

The best sizes of Bottles to use are the No. 10, No. 14 and No. 20.

If desired, the Fruit may be sweetened with Saccharine tablets as indicated on page 18.

Rhubarb is considered particularly good for Diabetic Patients. Peaches, Pears, Apricots, Pineapples, Plums, Prunes, Figs, Quinces, Raspberries are all very suitable for bottling in Water and are a boon to Diabetics.

Hundreds of Diabetics are now bottling Fruit in Water, with huge success.

See also page 125, for Diabetic Jam and Marmalade, Fowlers Vacola "Branettes," the Health Biscuits which contain no Sugar, and are made almost wholly of Bran, are ideal for Diabetic sufferers. They can be used in a variety of ways eaten dry instead of Bread with all meals; used for Savouries or with Cheese and Butter. Delicious as an appetiser with dry Wine, Claret or Whisky. For use at all times, instead of Sweets, Cakes or other Delicacies. Obtainable from leading Grocers, Confectionery Shops and Chemists.

## UNSWEETENED FRUIT

Should it be desired to sweeten Fruit bottled in Water alone, it may be sweetened by emptying the contents of the Bottle into a saucepan, sprinkling on the quantity of Sugar desired, and bringing to the boil for a few minutes.

If the Fruit is required in a Pudding or Pie, it should be put straight from the Bottle into the basin or dish, and the Sugar added. Any excess Juice may be used as a drink.

## BOTTLING FRUIT FOR JAM MAKING

Many of our Clients have been bottling Fruit especially for Jam Making and have been so successful, and found it so convenient not to have to buy large quantities of Sugar at one time and laboriously make up stocks of Jam during the hot weather, that we are anxious for all users of our Outfits to reap the same benefit. Large Bottles, such as the No. 36, or best of all, the No. 65, are used to hold the Fruit.

First place the Rings on the Bottles, then pack the Bottles quite full of Fruit, which is squashed down without considering appearance, and if it is a juicy fruit like Raspberries, Loganberries, very ripe Plums or Apricots, no liquid need be added, but if the Fruit is firmer, a little Water can be added just to fill up any crevices. Covers and Clips are put on, and the Bottles sterilised at the temperature and time stated under the heading of the Fruit concerned.

At a later date, when the weather is cool, the Fruit is emptied from the Bottles into a preserving pan, Sugar added and the whole boiled into Jam, according to any recipe, exactly as if freshly gathered Fruit were being used.

By adopting this method, you can make small quantities of Jam, just as you feel inclined, and purchase your Sugar in suitable quantities accordingly. It is a splendid

and practical idea. Put some Fruit down for Jam making this year.

Recipes for Jam, using Fowlers Vacola "Jamsetta," appear on pages 142-146 and instructions for sterilizing and sealing the Jam in Vacola Bottles is given on page 125.

## A FEW INCIDENTS WHICH MAY OCCUR WHEN BOTTLING:

### Fruit Rising in Bottles

Many Clients have become perturbed and written to us regarding Fruit rising from the bottom of the Bottles after the sterilising process is finished.

Quite often Fruit will rise in the Bottles after sterilisation, and this is quite in order. It may rise 1 to 1½ inches from the bottom of the Bottles. This usually indicates a very good seal. No concern should be felt regarding the Fruit rising.

After the Clips have been removed, place the Bottles aside and allow them to stand for about three weeks. By this time the Sugar will have penetrated the Fruit. Then shake the Bottles in such a manner (by short jerks) as to separate the pieces of Fruit in the Bottles and allow the Syrup to flow between them. This will make the Syrup cloudy, but after standing for a short time, the Fruit will gradually go down to the bottom of the Bottles, the Syrup will rise in the Bottles, and the contents will look perfect.

Care should be taken to pack as much Fruit as possible into the Bottles in the first place, but do not pack the necks of the Bottles too full; leave ½ inch at the top. There are several possible causes of Fruit rising in the Bottles: (1) the Fruit may have been over-ripe, (2) insufficient Fruit may have been packed in the Bottles, (3) the Syrup may have been too heavy as Fruit is more inclined to rise in a Heavy Syrup than in a Medium Syrup, or (4) the temperature may have been

raised too quickly or allowed to go higher than specified in the Book of Instructions. As mentioned above, however, fruit has a tendency to rise after sterilisation, because when the air is driven out of the Bottle, the Bottle automatically seals and forms a vacuum, thus drawing the Fruit to the top of the Bottle as it cools off.

Apricots are very prone to rise in the Bottles when they are full ripe, and will sometimes jam up so tightly against the neck of the Bottle that the liquid during sterilisation cannot flow downwards in the Bottle, and consequently it blows out between the Cover and Ring, and leaves the top piece of Fruit uncovered by liquid.

This is no detriment to the keeping quality, providing the Cover is properly sealed. Sometimes, the uncovered top piece of Fruit will become slightly discoloured, but it can be lifted off and discarded when the Bottle is opened. It is possible to prevent this discolouration, however, by occasionally turning the stored Bottles upside down for a few minutes, thus allowing the liquid to moisten the top piece of Fruit.

## Bubbles on Fruit

After sterilisation Fruit (especially Gooseberries and Plums) sometimes appears to be covered with small bubbles, which, in many cases, are mistaken for air bubbles. These are not air bubbles, however, but are caused by the long sterilisation drawing a kind of oil from the skins of the Fruit. After being stored for a few days, the bubbles will gradually disappear, the liquid in the Bottles absorbing them.

## Bottles Failing to Seal

Should a Bottle fail to seal, this may be due to one or more of the following causes:

1. The Ring may not have been put on the Bottle correctly. See paragraph 2, page 9.
2. You may not be pressing with your finger and thumb

on the top of each Cover, as soon as you have removed the Bottle from the Steriliser. See paragraph 11b, page 13.

3. You may have accidentally knocked the Clip off, or partially off the Bottle, before the contents of the Bottle were cold.
4. The Cover may be pin-holed through use. These tiny holes are extremely difficult to detect without the aid of a magnifying glass, but if you hold the Cover up to the light, you may see the holes.
5. Your Thermometer may not be registering correctly. Instructions for testing it are given below.
6. The Bottle may have a small ridge of glass running through the groove where the Ring is placed on the Bottle. See details regarding this on page 24.

Instructions for re-sealing the Bottle are given in paragraph 14a, page 14. Re-sealing should only be carried out if the faulty seal has been discovered within 36 hours of sterilisation, or before the contents of the Bottle have deteriorated.

## HOW TO TEST YOUR THERMOMETER

For best results it is desirable to check your Thermometer from time to time and the manner of doing so is as follows:

Place the Thermometer in a saucepan containing cold Water, bring the Water to the boil and allow it to boil for 5 minutes. The Thermometer should then register from 210 degrees to 212 degrees. Boiling point is 212 degrees.

Sometimes, if a Thermometer is put away flat in a drawer or cupboard, the Red Mercolor may become separated; this may also occur when a Thermometer is transported. To make the Thermometer register correctly, the Red Mercolor must be re-united. This can usually be achieved by tying a piece of strong cord or wire through the hole at the top of the Thermometer and swinging it around. Take care that no one is in the way in case the cord or wire breaks.

If the Thermometer will not correctly register boiling point, or if the Red Mercolor will not re-unite after the Thermometer has been swung around about a dozen times, it will be necessary to either purchase a new Thermometer, or return the faulty Thermometer to us for examination, stating how long it is since you purchased it.

## RIDGE OF GLASS ON BOTTLE

Occasionally, a small ridge of glass will protrude through the little groove into which the Rubber Ring fits around the top of the Bottle. This is caused when the Bottle mould is closing on the hot glass. As the Bottles are packed for us in the Bottle Works, we do not handle every single Bottle.

Care should be taken to examine the groove around the top of the Bottle, where the Rubber Ring fits, and if there is a slight ridge of glass running through, just take an ordinary manicure file and carefully file it away, otherwise the Bottle may not seal.

* * *

## DEMONSTRATIONS

We receive a large number of letters from various organisations such as C.W.A. Branches, Mothers' Clubs, Church Guilds and Auxiliaries requesting us to give Fruit Bottling Demonstrations.

We are pleased to accept these invitations providing the organisation concerned can be reasonably assured of an audience of 30 to 40 ladies.

As our programme for these demonstrations is heavily booked right throughout the year, it would be a great help if, when requesting a demonstration, you were to give two or three alternative dates on which you would like your demonstration held.

Address your request for a demonstration to the

Advertising Department,
Fowlers Vacola,
Box 18, P.O., Hawthorn, Victoria.


## FRUIT MAY BE BOTTLED IN SYRUP, WATER, HONEY OR HONEY SOLUTION

**See pages 18 and 19**

Fruit, with few exceptions, requires only one sterilisation.
BRING THE TEMPERATURE UP SLOWLY—IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE.

FIRST READ GENERAL BOTTLING INSTRUCTIONS, PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

### Loquats

The Loquat is delicious when bottled, and in this case we specially recommend a Heavy Syrup being used to fill up the Bottles. The action of the Sugar helps to soften the seeds during sterilisation, and makes them edible if desired. Again, the Sugar tones the flavour of the aromatic oil which exudes from the seeds, and takes away the slightly bitter taste which is prevalent if the Fruit is bottled in Water only.

**Preparation**

Place Rings on Bottles. Pack Loquats in Bottles. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2½ hours have elapsed since the Thermometer first registered *180 degrees.*

**Oranges, Mandarins**

Bottled Oranges and Mandarins are very nice when served with Vacola Jelly Crystals, Blanc Mange, etc.

**Preparation**

Place Rings on Bottles. Peel the Fruit, drop into boiling Water for 2 or 3 minutes, to reduce the bitterness caused by the natural oil in the peel. Transfer to cold Water and scrape off the white. Separate slices and pack into Bottles. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Currants, Black, Red**

Currants, of course, are a little more trouble in preparing than some of the other Fruit, owing to it being necessary to pick off the stems. This is rather a tedious operation, but the time taken up in doing this is regained when filling the Bottles, as they require no packing, a shake or a slight knock of the Bottle on the table being all that is necessary to bring the Fruit sufficiently close together in the Bottles.

**Preparation**

Place Rings on Bottles. Pack Currants in Bottles shaking down firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Quinces**

Quinces should be bottled in exactly the same manner as Pears. The results are excellent, while the Fruit is especially suitable for mixing with any soft Fruit, and a pie made with a Bottle of Quinces and a Bottle of Mulberries, will justify all that is said of the good qualities of these two Fruits. Sliced Quinces and Sliced Apples bottled together are another combination well worth trying. It has been said, by good authority, that the eating of Quinces and Apples is an excellent remedy for Rheumatism.

**Quinces (continued)**

When the Quinces are a good ripe yellow colour, they will generally turn a pink shade after sterilisation. This gives them a very beautiful appearance in the Bottle, and if a deep pink is desired, this can be obtained by keeping the temperature up to 200 degrees for the full time, instead of allowing it to fall back to 180 degrees as instructed below.

If the Quinces are inclined to be on the green side when bottled, they will retain their natural creamy white colour after sterilisation. They may require more cooking before serving.

**Preparation**

Place Rings on Bottles. Peel Quinces, halve, core, and if desired, slice. Pack in Bottles. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

* * *

**Cherries**

Little need be said of the excellence of this Fruit when bottled. All kinds of Cherries will be found to bottle perfectly, while the appearance of the Fruit in the Bottles after sterilisation is usually everything to be desired from a fruit-bottling standpoint. Cherries and Raspberries or Cherries and Loganberries bottled together are very much relished.

**Varieties**

Bigarreau Early Black, Eagle's Seedling, Waterloo, Bedford, Kentish. Bedford is the best variety to Bottle.

**Preparation**

Place Rings on Bottles. Remove stems from Cherries and, if desired, stones, with the aid of the Cherry Stoner illustrated on page 136. Pack Cherries in Bottles, shaking down firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Cherries**

**Temperature** Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Straw-berries (2 Methods)**

Unlike other soft Fruit, the Strawberry is not so satisfactory to bottle. The flesh, being so very delicate, does not allow of packing tightly in the Bottles, without detriment to shape, also, being very sensitive to heat, sterilisation causes the Fruit to rise in the Bottles, while the natural vivid colour of the Fruit generally becomes a dense brown. One will notice imported Bottles of Strawberries generally look a very good colour, in some cases being almost natural to the freshly gathered Fruit, but invariably this is obtained by the use of artificial colouring, such as cochineal. This method of colouring can, of course, be resorted to if desired.

**First Method**

**Preparation** Place Rings on Bottles. Pack Strawberries very closely in Bottles, pressing down. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to 160 degrees and hold at this temperature for 2 hours.

**Second Method**

**Preparation** Place Rings on Bottles. Put Strawberries in preserving pan with ½ lb. Sugar to each 1 lb. of Strawberries. Partly cook until Strawberries soften. Pack in Bottles. Place Covers and Clips on Bottles.

**Temperature** Bring to 160 degrees and hold at this temperature for 2 hours. When using No. 65 Bottles for storing Strawberries for Jam making, sterilise at 200 degrees for 2 hours.

* * *

**Grape Fruit**

After the Grape Fruit has stood for a few weeks, when bottled, it may be noticed that the Citric Acid appears in numerous white spots all over the Fruit. This is of no detriment to the Fruit. The spots can be dissolved, if desired, by heating the Bottles prior to use, and allowing the Fruit to cool again if the Fruit is to be served cold.

**Preparation** Place Rings on Bottles. Peel the Grape Fruit and

**Grape Fruit (continued)**

drop into boiling Water for 2 or 3 minutes, to reduce bitterness caused by the natural oil in the peel. Transfer to cold Water and scrape off the white. Separate slices and pack in Bottles. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles. Bring to 170 degrees and hold at this temperature for 2½ hours.

**Temperature**

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**Passion Fruit**

The pulp only is bottled. A little Passion Fruit pulp added to Fruit Salads and bottled with other Fruit improves the flavour. The seeds may be removed if desired by adding about a quarter the quantity of Syrup as pulp, and straining by beating through an ordinary wire strainer. The No. 3 and No. 10 Bottles are usually used, and it is necessary to use the Steam Cooking Stand with these Bottles (see paragraph 8c, page 11).

**Preparation**

Place Rings on Bottles. Mix three parts Passion Fruit pulp to one part Sugar, stirring gently until Sugar is dissolved. Fill Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 2½ hours.

* * *

**Fruit Salad**

Prepare the Fruit Salad from Fruit in season, as if for immediate use, but do not include Cantelope, Rock Melon or any other type of Melon, as these require two sterilisations, and do not include Bananas as these are often darkened by the other Fruit during sterilisation, and they may exude a milky substance which would penetrate the Fruit Salad. Add Cantelope, Bananas, etc., in their raw state, prior to serving the Fruit Salad, or bottle separately.

**Preparation**

Place Rings on Bottles. Prepare the Fruit. Pack in Bottles, not too firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 2½ hours.

**Raspberries**

This is a most palatable Fruit when preserved in Vacuum Bottles, and may be bottled either in Water or Syrup, but Water only is especially recommended, as this does not destroy the natural and delicious flavour of the Fruit, whereas when Sugar is used, a certain amount of the real Raspberry flavour is lost, owing to the Sugar acting upon the acidity of the Fruit during sterilisation.

Raspberries and Black or Red Currants mixed together are an excellent combination; while, again, Raspberries, Currants and Cherries are very much admired. We also recommend Apples and Raspberries being bottled together. To obtain the best results, peel the Apples, cut in thin slices, put a layer of Apple in the bottom of the Bottle, then a layer of Raspberries, another layer of Apple, and so on, until the Bottle is full.

**Preparation**

Place Rings on Bottles. Pack Raspberries in Bottles, shaking down firmly. Fill Bottles with Water or Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

For Raspberries alone, Raspberries and Currants, or Raspberries, Currants and Cherries, bring to 160 degrees and hold at this temperature for 2½ hours.

For Raspberries and Apples, bring to 170 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2½ hours have elapsed since the Thermometer first registered *170 degrees.*

* * *

**Grapes**

This Fruit should be more extensively bottled, as the results are very pleasing. The Grapes may be placed in the Bottles in small clusters still attached to the stalks, or they may be picked off separately and bottled in a similar manner to Gooseberries. After sterilisation, the seeds harden, but the flavour is delicious. They may be used as a sweet in just

**Grapes (continued)**

the same way as other bottled Fruit, and those who have tried them have been exceedingly pleased with the results.

**Preparation**

Place Rings on Bottles. Pack Grapes in Bottles shaking down firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Mulberries**

The Mulberry has apparently never been considered of much commercial value in Australia, the trees having been grown in the majority of cases purely for ornamental purposes. Speaking from experience of having bottled very large quantities of Mulberries in England, where they are now considered a great delicacy and command the highest price of any bottled Fruit, the writer is convinced that once this Fruit is given the same attention as many others, and offered to the public both freshly gathered and preserved in Bottles, that acquired taste, which it is probably necessary to have to thoroughly enjoy the distinct flavour of the Mulberry, would very soon be possessed by a large number of people. Further, this delicious Fruit would, in a few years, be as popular as the once non-relished Tomato is at the present time.

The Mulberry is an excellent Fruit to bottle, either alone, or mixed with other Fruits. Sliced Apples and Mulberries, or sliced Quinces and Mulberries may be bottled together with the most effective results and are extremely appetising when used in Puddings and Pies after being sweetened to taste. The juice of the Mulberry also lends itself to a variety of uses. It could justifiably be termed a "Fruit Dye" as everyone knows who has gathered a few Mulberries from the trees. The juice may be used for colouring and flavouring Blanc Mange, Jellies, Ice Creams and numerous other dainties,

**Mulberries (continued)**

with very pleasing effects. We specially recommend everybody using one of our Outfits, to preserve a few Bottles of Mulberries, and use them for mixing with other Fruit for Salads and Dessert.

**Preparation**

Place Rings on Bottles. Pack Mulberries in Bottles, shaking down firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

* * *

**Nectarines**

This Fruit is sometimes disappointing in appearance after bottling, inasmuch as the Fruit is very sensitive to heat, and generally rises in the Bottles during sterilisation. Bottled Nectarines, however, have a delicious flavour, and we strongly recommend a few Bottles being put down during the season.

**Preparation**

Place Rings on Bottles and partially fill with Medium Syrup. Cut Nectarines in half, remove stones. Pack in Bottles cut surface down, overlapping each other. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for ½ hour.

**Loganberries**

It is undoubtedly truthfully claimed that no new Fruit has become so popular the world over in so short a time as the Loganberry. It is needless to enlarge on its qualities as a soft Fruit, but it might be as well to say that from a bottling standpoint it ranks with the very best of Fruit. The combined flavour of the Blackberry and Raspberry is very palatable and, after sterilisation, this flavour is really considerably improved.

The Fruit may be bottled successfully in Water or Syrup and, like the Raspberry or Currant,

**Loganberries (continued)**

Blackberry or Mulberry, it may be bottled mixed with other Fruit with the same satisfactory results.

**Preparation**

Place Rings on Bottles. Pack Loganberries in Bottles, shaking down firmly. Fill Bottles with Water or Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Rhubarb**

Those who are fond of Rhubarb need never be without a supply for it is very easily bottled.

**Preparation**

Place Rings on Bottles. Cut sticks of Rhubarb into 1 inch chunks. Pack in Bottles. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Blackberries or Lawtonberries Boysonberries or Youngberries**

Blackberries are generally considered a "Wild Fruit," but are now becoming more extensively cultivated under the name of Lawtonberries. There are usually large quantities available just for the picking, or purchasable at a very low figure during the season. If possible, obtain large and not too ripe Blackberries, providing they are black. Blackberries and Apples bottled together are delicious. Bottle in Water in No. 65 Bottle for Jam making later on.

**Preparation**

Place Rings on Bottles. Pack Blackberries in Bottles, shaking down firmly. Fill Bottles with Water or Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Figs (2 Methods)**

The Figs should be nice and ripe. They may be bottled whole, or cut in halves.

**Figs (continued)**
**First Method**

**Preparation** Place Rings on Bottles. Cut stalks off well back into Figs and make several cuts through the skin with a sharp knife. Pack in Bottles whole or in halves. Fill Bottles with Extra Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to 180 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2½ hours have elapsed since the Thermometer first registered *180 degrees.*

**Figs**
**Second Method**

**Preparation** Place Rings on Bottles. Cut stalks off well back into Figs and make several cuts through the skin with a sharp knife. Partly cook Figs in Extra Heavy Syrup in a saucepan or preserving pan. Place a spoon in the Bottles to prevent cracking and pack in the hot Figs and Extra Heavy Syrup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature** Bring to 180 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2½ hours have elapsed since the Thermometer first registered *180 degrees.*

* * *

**Gooseberries** Any variety of Gooseberry can be bottled satisfactorily, but for the best appearance, hard, green Fruit should be selected, and the "Roaring Lion" is a very good variety. Gooseberries, after sterilisation, sometimes appear to be covered with small bubbles (see page 22 for explanation).

**Preparation** Place Rings on Bottles. Pack Gooseberries in Bottles, shaking down firmly. Fill Bottles with Extra Light Syrup (¼ lb. Sugar to 1 quart Water). Place Covers and Clips on Bottles. A heavy syrup shrinks the fruit.

**Temperature** Bring to 160 degrees and hold at this temperature for 2½ hours.

**Fruit Salads are unpalatable without Passion Fruit. Bottle a plentiful supply when they are in season, and enjoy a perfect Fruit Salad at all times.**

## Apricots

This Fruit is one of the best, as almost everyone knows, for bottling purposes or Jam making, but care is required to obtain the best results. Unlike canning, when bottling, the contents are seen through the glass, and a pleasing result is desired. It is therefore imperative to follow the instructions carefully when bottling Apricots, and to exercise good judgment in selecting the Fruit at the right stage of ripeness. As soon as the stone may be removed cleanly, while the Fruit is still firm, is the correct time to bottle Apricots.

Apricots are usually cut in halves, and the stones removed. The half-Apricots should be packed as neatly as possible in the Bottles, the cut surfaces being placed downwards. As far as possible, one piece should lap over the other, each layer crossing the joints of the layer underneath.

Apricots may also be bottled whole, and when done so, a very palatable, aromatic oil exudes from the stone and kernel, to which some people are very partial.

**Apricots (continued)**

The flesh of the Apricot is very sensitive to heat, and if the Fruit is full ripe, it is almost sure to rise a little in the Bottles (see page 21). If the Apricots are very ripe, they should be examined occasionally while being sterilised. The lid of the Steriliser may be removed, a Bottle withdrawn and examined, then replaced. Do not leave the lid off the Steriliser longer than necessary. Should it be seen that the Apricots are rising very much, the Bottles should be removed, but not unless they have had at least ½ hour at a temperature not less than 180 degrees.

Bottle Apricots for Puddings, Pies and Stewed Fruit in Water in No. 36 or No. 65 Bottles.

**Varieties**

Moore Park, Trevatt, or any other variety.

**Preparation**

Place Rings on Bottles. Leave Apricots whole, or cut in halves and remove stones. Pack in Bottles whole, or if half-Apricots, cut surfaces downwards. Fill Bottles with Light Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until ½ hour has elapsed since the Thermometer first registered *200 degrees.* If Apricots rise, remove from Steriliser but not unless they have had at least ½ hour at a temperature not less than 180 degrees.

**Client's Suggestion**

For quickness in bottling Apricots one Client states: "I cut the Apricots in halves and remove the stones, just drop the halves into the Bottles—without packing, allowing them to fall any way—then fill with Syrup and sterilise as instructed." We have tried this and when the Bottles have stood for a few weeks and the Syrup has penetrated the Fruit it looks very attractive indeed. Try it! We recommend this suggestion.

## Apples

Bottled Apples for Puddings, Pies and Stewed Fruit are most handy. They can also be served with cream or custard for dessert as you would Peaches or Pears, and are delicious. Any variety of Apple may be bottled satisfactorily, either in Water or Syrup, preferably Water, as they can be sweetened when used. Many bottle this Fruit in Water for Pies and Puddings. When bottling Apples in any form, do not add Cloves, as these tend to cause discolouration of the Apples.

Drop the sliced Apples into a solution of 1 dessert-spoon of Salt to 4 pints of Water, until ready to fill the Bottles. This solution prevents the Apples from discolouring, but just before finally packing the Fruit into the Bottles, rinse in Water to remove any "salty" taste which the solution may have imparted to the Fruit.

**Apples (continued)**

We recommend blanching the slices before bottling. This can be done quite easily by using the Wire Blanching Basket and Boiler illustrated on page 138. The Apple slices should be immersed in boiling Water (keep Water boiling) for 2 minutes, then packed in the Bottles. If this is done, more slices can be packed in each Bottle, and the slices do not take up so much of the Water or Syrup during sterilisation, as do slices of raw Apple.

**Preparation** Place Rings on Bottles. Peel, core and slice the Apples into the solution mentioned on page 37 to prevent discolouration. Rinse. Blanch, as per instructions given above. Pack slices in Bottles. Fill Bottles with Water or Medium Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to 200 degrees, allow to fall to 170 degrees, and hold at 170 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

**Apples, Stewed**

**Preparation** Place Rings on Bottles. Peel, core and slice Apples into the solution mentioned on page 37 to prevent discolouration. Rinse. Place slices in preserving pan or saucepan with a little Water, and cook till soft. Pack in Bottles. Place Covers and Clips on Bottles.

**Temperature** Bring to 200 degrees, allow to fall to 170 degrees and hold at 170 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

* * *

**Peaches Yellow Clingstone (2 Methods)**

The bottling of Clingstone Peaches entails a little more labor than is required for the bottling of Freestone varieties, but when one actually commences to operate, it will be found to be very much easier than appears to be the case as set out on paper. The flesh of the Cling Peach, when ripe, is of a somewhat deep yellow and rather rough. As a consequence, more severe cooking is required when preserving them.

**Peaches Yellow Clingstone (continued)**

It is customary to peel the Peaches before bottling, although to save time, the Peaches after being thoroughly washed, may be bottled without peeling.

To peel the Peaches, it is usual to use Caustic Soda Water, generally spoken of as Lye. This Lye is made by putting 1 oz. of Caustic Soda to 1 gallon of Water, and great care must be exercised when dealing with Lye.

The ideal equipment for this operation is the Wire Blanching Basket and Boiler, illustrated on page 138. A cheap tin boiler or iron saucepan may be used for this purpose, if the Blanching Basket and Boiler are not available.

The following is the method adopted for peeling the Peaches:

(1) Cling Peaches should be full ripe but not over-ripe. It is as well to allow them to remain in the cases a day or two after gathering, so as to reach the correct stage of ripeness, that is, until all trace of greenness has disappeared from the peel.

**Peaches Yellow Clingstone (continued)**

(2) Take the Peach in the left hand and run the knife around the middle in the natural groove of the Peach, cutting in as far as the stone. Do a quantity of Peaches like this and then put down the knife.


(3) Pick up the Peach, gripping one side with one hand and one side with the other hand. Now sharply twist one half towards you and the other half away from you at the same time, and the Peach will then come apart, generally leaving one half free from the stone and the whole of the stone in the other half.

Should the Peaches be too ripe to enable them to be twisted in halves, proceed as follows: Run the knife around the Peaches, cutting in to the stone, now use the Peach Pitting Spoon, illustrated on page 136, and below, and cut around the stone, when one half will be free and the stone may then be easily cut out from the other half. (See illustration below).

(4) Use the Peach Pitting Spoon to cut the stone clean out of the half Peach.

(5) Measure cold Water into the Boiler. GREAT CARE SHOULD BE

**Peaches Yellow Clingstone (continued)**

EXERCISED WHEN DEALING WITH LYE, BECAUSE IF SPLASHED ONTO THE SKIN IT WILL CAUSE PAINFUL BURNS, AND IT IS IMPERATIVE THAT THE LYE, AND THE CAUSTIC SODA, BE PLACED BEYOND THE REACH OF CHILDREN. Add Caustic Soda in the proportion of 1 oz. to 1 gallon of Water, and stir with a stick. Place on stove and bring to the boil. (Ordinary Washing Soda will do, if Caustic Soda is not available).

(6) Place the Wire Blanching Basket containing the half-Peaches (don't overload the Basket, it is better to put just a few halves in each time) in the boiling Lye, or add the half-Peaches to the boiling Lye gently with a spoon.

(7) The Lye should be kept boiling gently while you revolve the Basket slowly around, or turn over the half-Peaches a few times. After 3 or 4 minutes, lift one of the halves out with your Bottle Tongs, as illustrated on page 137, or with a suitable spoon, and immerse it in cold Water. If the peel rubs off easily, then the Peaches are ready to be removed from the Lye, and they should be placed in a bowl of cold Water and the peel rubbed off. A small nail brush used lightly will help in removing any remaining peel. Thoroughly rinse the half-Peaches in clean, cold Water, before packing in the Bottles.

A piece of open cheesecloth may be used for immersing the half-Peaches in the boiling Lye, if desired. If this is used, it should be moved up and down, by holding the four corners. It is quite handy if a large quantity of Peaches is to be peeled.

Should any difficulty be found in removing the peel, slightly increase the quantity of Caustic Soda (mix any extra Soda with a little cold Water before adding), and leave the half-Peaches longer

**Peaches Yellow Clingstone (continued)**

in the boiling Lye. The boiling Lye may be used over and over again, until you notice it is becoming ineffective, when a fresh quantity should be prepared.

This method of peeling or blanching the Peaches is not detrimental to the Fruit in any way, and is in fact the method adopted in all large Fruit Canning Factories.

Bottle a supply of Freestone or Clingstone Peaches in Water, in No. 65 Bottles, and use them for Jam making, Pies, Puddings or Stewing, in the off season.

**Varieties** Levis Cling, Pullar's Cling, Golden Queen, Phillip's Cling.

**First Method**

**Preparation** Place Rings on Bottles. Prepare Peaches as per the instructions on pages 39-42. Pack half-Peaches in Bottles, cut surfaces downwards. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to boiling point (210-212 degrees) immediately remove from heat and allow Bottles to stand in the hot Water, in the Steriliser with the lid on, for 40 minutes.

**Second Method**

**Preparation** Place Rings on Bottles. Prepare Peaches as per the instructions on pages 39-42. Place half-Peaches in Water, in preserving pan, and boil until they are softened. Pack half-Peaches in Bottles, cut surfaces downwards. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to 170 degrees and hold at this temperature for 2 hours.

* * *

**Peaches Freestone**

There are many varieties of Peaches, and while all can be bottled successfully with our method, the general tendency is to preserve only the yellow fleshed varieties, the white fleshed kinds being considered a dessert Fruit, to be used in their freshly gathered state.

## Peaches Freestone (continued)

Do not bottle hard, green Peaches, but see that they are a good clear colour, nice and yellow. If purchased full grown but slightly firm and green, they may be kept for a few days until they reach the correct stage of ripeness.

It was generally considered advisable to peel the Peaches before bottling, but after experimenting with the Freestone variety, we have found it better to bottle them without peeling. When the Peaches are emptied from the Bottles, it will be found that the skin can be lifted off each half quite easily with a fork while in the dish.

If it is preferred to peel the Peaches before bottling them, cut them in halves and remove the stones. Drop the half-Peaches into boiling Water, to which has been added a little ordinary Washing Soda—about a teaspoon to a gallon of Water. The Wire Blanching Basket and Boiler illustrated on page 138 are ideal for this operation. Allow the half-Peaches to remain in the boiling Water (which should be kept boiling) for a couple of minutes or so, until the skins become slightly streaked with brown; lift one out, and try if the peel will come off. If the skin will leave the flesh easily, take all the half-Peaches out of the boiling Water and drop them into cold Water, and from there, peel and pack them into the Bottles, with the cut surfaces downwards. If the Peaches are found to be too soft after immersion, it is an indication that they have been in the boiling Water too long, while if the skins cannot be removed easily, it shows they have not been in the boiling Water quite long enough, or that a little more Soda is required. Keep Water gently boiling until peel comes off easily. If desired, the Peaches may be peeled with a knife like an Apple. A useful article with which to lift the Peaches from the hot Water is the Tongs, illustrated on page 137.

**Varieties** Early Crawford, Elberta and any other Freestones.

**Peaches Freestone (continued)**

**Preparation**

Place Rings on Bottles. Cut Peaches in halves, remove stones, peel if desired, as per instructions on page 43. Pack half-Peaches in Bottles, cut surfaces downwards. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2½ hours have elapsed since the Thermometer first registered *180 degrees.*

* * *

**Plums**

These should be bottled before they are over-ripe, so that they will retain their shape and flavour. The results are generally delightful.

The delicious aroma extracted from the stone and kernel during sterilisation greatly improves their natural flavour. On some Plums this aromatic oil from the stone will appear as bubbles on the Fruit when bottled (see page 22).

Plums will sometimes crack slightly while being sterilised, but if the Fruit is packed nicely in the Bottles, the cracks will not in any way be detrimental to the appearance when finished.

Plums, when bottled whole (especially if care is not taken to put as many as possible into each Bottle), are likely to rise from the bottom of the Bottle, and a good plan is to select not less than three of a suitable size to press tightly in the bottom of each Bottle. When this is done, it is easier to pack evenly until the Bottle is full.

Large Plums may be cut in halves, and the stone left in one half of each Plum, the halves packed in the Bottles cut surfaces downwards, and each piece nicely overlapping. When bottled in this way, they look beautiful after being sterilised.

Plums and Rhubarb, and Plums and Apples bottled together, are excellent mixtures, and are specially recommended.

**Varieties**

There are many varieties of Plums. All can be bottled successfully, but some have a much nicer

## Plums (continued)

appearance when finished than others. For instance, the Angelina, Cherry Plum, Black Diamond, Washington, Yellow Japanese and similar fleshy Plums are very sensitive to heat, and if bottled, will usually rise from the bottom of the Bottles after sterilising. While this is no detriment to the Fruit, it spoils the appearance. Such varieties are splendid for Jam making, but the following are some of the best for bottling purposes:


Coe's Golden Drop, Orleans, River's Early Prolific, Satsuma or Blood Plum, Magnum Bonum or Egg Plum, Burbank, Greengage and Pond's Seedling (the three latter should be bottled while very firm).

### Preparation

Place Rings on Bottles. Pack whole or half-Plums in Bottles, as per instructions on page 44. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Plums**

**Temperature** Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Tomatoes**

Tomatoes can be bottled either peeled or unpeeled and they can be bottled whole or cut into pieces. It is quite easy to remove the skins. The Tomatoes are placed in a wire basket or cheesecloth bag (the Wire Blanching Basket and Boiler illustrated on page 138 are ideal) and immersed in boiling Water (which should be kept boiling) for about 1 minute, then placed in cold Water, when the skins can be easily removed.

If only a few Bottles are required, the Tomatoes can be dropped individually into a saucepan containing boiling Water (which should be kept boiling) and lifted out and put into cold Water with the Bottle Tongs, illustrated on page 137. Very much research work has been done in our Laboratory over the last few years, and we have found the following method to be more satisfactory than the instructions given in previous editions of this book.

The ideal Covers for sealing Tomatoes, Vegetables, Meat, and indeed all Food, are our New Pattern Glass Covers, or the Stainless Steel Covers, details of which may be found on page 135.

**Preparation** Place Rings on Bottles. Prepare Tomatoes as per instructions given above. Pack Tomatoes in Bottles. Fill Bottles with Tomato Juice or Pulp made by crushing red ripe Tomatoes and adding ½ oz. Salt to each quart of Juice or Pulp. Place Covers and Clips on Bottles.

**Temperature** Bring to 200 degrees and hold at this temperature for ¼ hour. Turn off heat and allow Bottles to stand in the hot Water in the Steriliser with the lid on, for 1 hour.

For Tomato Juice see page 111.
For Tomato Sauce see pages 96 and 97.
For Tomato Pulp see page 128.
For Tomato Soup see page 114.

## Pears

This Fruit should be selected when the peel has just turned a nice yellow. If gathered when green, they may be stored for a few days until in condition for bottling, but care should be taken not to let them get over-ripe.

Peel the Fruit with a sharp knife, cut into halves, or if very large, into quarters. It is advisable also to take out a little of the hard core. A Pear Corer is illustrated on page 136. If cutting in halves, leave the stem running from the core to the tapered end, as this helps to hold the Pear together, and thus minimises cloudiness when finished.

Drop the peeled Pears into a solution of 1 tablespoon of Salt to 4 pints of Water, until ready to pack in the Bottles. This solution prevents the Pears from discolouring, but just before packing the Fruit in the Bottles, rinse each piece under a running tap of fresh Water, to remove any "salty" taste which the solution may have imparted to the Fruit.

In filling the Bottles, pack the Fruit as closely as possible and immediately cover with Syrup.

**Pears (continued)**

There are many varieties of Pears and all may be successfully bottled. Some of the varieties known as Stewing and Cooking Pears will remain rather hard after being bottled, and will require more cooking when emptied from the Bottles for use, but the varieties of Dessert Pears are ready for use immediately the Bottles are opened. Some of the best, generally selected for bottling are:

**Varieties** Kieffer, Packham's Triumph, Willian Bon Chretian and Buerre Bosc.

**Preparation** Place Rings on Bottles. Prepare Pears as per instructions given on page 47. Pack in Bottles. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature** Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

**Client's Suggestion** A Client writes: "I have been bottling Beurre Bosc Pears. I stew them in a Heavy Syrup until just right for serving. I then fill the Bottles and sterilise them at the temperature given in your book." Any hard Stewing Pears may be treated this way with great success.

* * *

**Persimmons** These are similar to Tomatoes, but are considered best for eating when they are well over-ripe. For bottling purposes, however, they should not be so far matured.

**Preparation** Place Rings on Bottles. No liquid (Syrup or Water) need be added, as the Persimmons will make plenty of juice during sterilisation. Pack tightly in Bottles. Place Covers and Clips on Bottles.

**Temperature** Bring to 170 degrees and hold at this temperature for 2½ hours.

## Green Olives

When sterilised, Olives will keep indefinitely, but they need not be sterilised if it is desired to keep them only a short time, and for a change, they may be bottled in diluted Worcestershire Sauce, instead of Brine.

**Preparation**

(1) Cover the Olives with a Brine made of 9¾ ozs. Salt to 1 gallon Water. Allow to stand for 8 days.

(2) Drain off the Brine and throw away same.

(3) Cover the Olives with a fresh Brine made of 1 lb. Salt to 1 gallon Water. Allow to stand for 8 days.

(4) Drain off the Brine and throw away same.

(5) Wash the Olives in clean cold Water.

GREAT CARE MUST BE EXERCISED DURING THE NEXT STAGE, AS CAUSTIC SODA SOLUTION, IF SPLASHED ONTO THE SKIN, WILL CAUSE PAINFUL BURNS, AND IT IS IMPERATIVE THAT THE SOLUTION AND THE CAUSTIC SODA BE PLACED BEYOND THE REACH OF CHILDREN.

(6) Cover the Olives with a solution made of 2½ ozs. Caustic Soda to 1 gallon Water. Allow to stand for 24 hours. This will de-bitter the Olives.

(7) Drain off Caustic Soda solution.

(8) Wash the Olives thoroughly, three times, in three lots of clean cold Water.

(9) Place Rings on Bottles. Pack Olives in Bottles. Fill Bottles with a Brine made of 8 ozs. Salt to 1 gallon Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for ½ hour.

* * *

## Green Ginger

The method of crystallising Ginger is long and tedious, and is not usually satisfactory for home

**Green Ginger**

use, but Ginger may be bottled in Syrup very satisfactorily. The contents will be ready for use as preserved drained Ginger, after they have stood for at least one month.

**Preparation**

Thoroughly wash all dirt from the Ginger roots. Place roots in a saucepan or boiler and boil until the peel can be removed easily. Remove all peel, and trim the pieces into reasonably good shape. Place the peeled Ginger in a saucepan or preserving pan and cover with a Syrup made by putting 3 lbs. Sugar to 4 pints Water. Bring to the boil and continue boiling gently for 1 hour. Empty the Ginger and Syrup into a large bowl or pot and allow to stand for 3 days.

On the fourth day, drain off the Syrup and heat it in a saucepan or preserving pan, and add 2 lbs. Sugar. Now add the Ginger to this hot Syrup, bring to the boil and continue boiling gently for $\frac{1}{2}$ hour.

Empty the contents back into the bowl or pot and allow to stand for 3 days more. On the fourth day, place in a saucepan or preserving pan and warm up to about 160 degrees.

Place Rings on Bottles and warm Bottles. Pack Ginger in Bottles not too tightly, and fill Bottles with warm Syrup from the saucepan. Place Covers and Clips on Bottles. Pour WARM Water into Steriliser.

**Temperature**

Bring to 180 degrees and hold at this temperature for $\frac{1}{2}$ hour.

* * *

**Cumquats**

This Fruit is not largely used in Australia, but in China it is extensively preserved, and is considered a great delicacy. It is a Citrus Fruit, just like a small Orange.

**Preparation**

Place Rings on Bottles. Peel Fruit and drop into boiling Water for about 10 minutes to remove the strong citric flavour. Pack in Bottles. Fill

**Cumquats (continued)**

Bottles with Extra Heavy Syrup. Place Covers and Clips on Bottles. Bring to 170 degrees and hold at this temperature for 2½ hours.

**Temperature**

* * *

## TROPICAL AND SUB-TROPICAL FRUITS

**Rosellas**

The Rosella is an uncommon Fruit grown extensively in some parts of Queensland, and it is used in a variety of ways. It is composed of a small green bulb surrounded by petals. The petals only may be bottled, or the petals and the bulbs may be bottled together.

The petals or bulbs may be used for making Jam, either in their fresh state or when bottled. If used from Bottles, place contents of Bottles in preserving pan, add Sugar in proportion of ¾ lb. Sugar to each 1 lb. of Fruit and Syrup. Boil until it jells.

The petals are very acid, and may be used for flavouring other Jams. Apple and Rosella Jam is very palatable. To bottle Rosellas, proceed as follows:

**Preparation**

Place Rings on Bottles. Remove the petals from the bulbs and place the petals in a saucepan with a little Medium Syrup added. The bulbs may be bottled with the petals, but the bulbs must be crushed, or cut into small pieces, before being placed in the saucepan. Boil gently for about 10 minutes or until soft and cooked. Place a spoon in the Bottles to prevent cracking, and pour in the hot petals, or petals and bulbs (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2 hours.

* * *

**Cape Gooseberries**

This Fruit commends itself for bottling, although it is not very greatly sought after. Being somewhat sensitive to heat, it is subject to rise a little in the Bottle, and care should therefore be taken

**Cape Gooseberries (continued)**

to put as much Fruit as possible in the Bottles, shaking it well down.

**Preparation**

Place Rings on Bottles. Pack Cape Gooseberries in Bottles, shaking down firmly. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 2½ hours.

* * *

**Pineapple**

It is almost needless to say how splendidly this Fruit will bottle either in Syrup or Water.

**Preparation**

Place Rings on Bottles. Peel Pineapple thickly. Slice into rings, using Pineapple Corer illustrated on page 136 to remove the core, or cut into oblong chunks about 2 inches long by ¾ inch square. Pack in Bottles (oblong chunks standing on ends). Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 190 degrees, allow to fall to 170 degrees and hold at 170 degrees until 2½ hours have elapsed since the Thermometer first registered *190 degrees.*

* * *

**Bananas**

Bananas are most valuable for children, and will be greatly appreciated as something "for a change" to give the children on bread and butter. Select nice ripe Bananas with yellow skins, but see that deterioration has not commenced. Only good, sound Fruit should be bottled.

Bananas may be bottled whole, sliced or crushed into a cream or butter. When bottled whole, they are inclined to turn somewhat "milky" in appearance. When crushed, they may be used as a spread.

Bananas may be crushed by putting them through a mincing machine, or they may be placed in a basin and crushed with the bottom of a bottle or

round piece of wood. Add to crushed Bananas, a little Medium Syrup to which has been added 1 saltspoon of Citric Acid or the juice of half a Lemon, to each pint of Syrup, and mix into a paste. After filling the Bottle, put a spoonful of Syrup, to which has been added Citric Acid or Lemon juice, on the top. The small No. 10 Bottles, which require the use of a Steam Cooking Stand (see paragraph 8c, page 11), are very suitable for crushed Bananas, but any size Bottle may be used.

**Bananas (continued)**

Place Rings on Bottles and partially fill with Medium Syrup to which has been added 1 saltspoon of Citric Acid or the juice of half a Lemon to each pint of Syrup. Remove skins from Bananas. Pack whole, or sliced, in Bottles. Fill Bottles with Medium Syrup to which has been added Citric Acid or Lemon juice. Place Covers and Clips on Bottles.

**Preparation**

Bring to 200 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2 hours have elapsed since the Thermometer first registered *200 degrees.*

**Temperature**

* * *

These are somewhat like a Cape Gooseberry or ordinary Gooseberry but they are not used generally in the form of fruit, although there is no reason why they should not be so used. They are usually made into jelly, in which case the fruit is put in a preserving pan, covered with water and cooked until reduced to a pulp. It is then strained through a jelly bag, and the jelly made in the ordinary way. To bottle Guavas proceed as follows:

**Guavas**

Place Rings on Bottles. Wash the Guavas. Pack them in the Bottles, make a heavy Syrup and fill the Bottles. Place Covers and Clips on Bottles.

**Preparation**

Bring to 170 degrees and hold at this temperature for $2\frac{1}{2}$ hours.

**Temperature**

**Chinese Gooseberries**

This Fruit, in its fresh state, has rather a delicate flavour. When bottled, although the acidity is high, it is quite pleasing and appetising. Medium Syrup should be used, as this tones down the acidity, while retaining the natural flavour and aroma. The Fruit may be halved by splitting lengthways, or it may be cut into circles, which make an unusual and attractive pack. The skin is furry, and it is desirable to remove this fur, which can be done quite easily by brushing with a small nail brush. The Fruit combines well with other Fruits, and gives a pleasing flavour to Fruit Salad when bottled. It makes a very nice Jam, when Vacola "Jamsetta" is used, and the recipe for same appears on page 145. For Chinese Gooseberry Chutney, see page 100. Following these bottling instructions for Chinese Gooseberries, you will find a recipe for Chinese Gooseberries in Lemon Jelly. To bottle Chinese Gooseberries, proceed as follows:

**Preparation**

Place Rings on Bottles. Brush fur from skin of Chinese Gooseberries and split lengthways, or cut into circles. Pack in Bottles, facing the halves or circles up to the side of the Bottle. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees, allow to fall to 170 degrees and hold at 170 degrees until 2 hours have elapsed since the Thermometer first registered *180 degrees.*

The following recipe has been kindly supplied to us by the New Zealand Fruitgrowers Federation Ltd.:

### Chinese Gooseberries in Lemon Jelly

6-8 cooked Chinese Gooseberries

½ cup hot Water

½ cup cold Water

1 1-oz. packet Jamsetta

½ cup Lemon Juice

4 tablespoons Sugar, or to taste

Dissolve Jamsetta in hot Water. Add Sugar, cold Water, Lemon Juice. Stir until Sugar dissolves. Leave until thickening (to about the consistency of white of egg). Pour over the cooked Chinese Gooseberries in a serving bowl.

* * *

**Granadillas, Pomegranates, Monstera Deliciosa or Fruit Salad Fruit**

Our Clients in Queensland have told us that they have satisfactorily bottled Granadillas and Pomegranates using the instructions given for Passion Fruit, and we ourselves have satisfactorily bottled Monstera Deliciosa or Fruit Salad Fruit, following the instructions for Passion Fruit.

**Preparation**

Place Rings on Bottles. Mix three parts Granadilla, Pomegranate or Monstera Deliciosa pulp with one part Sugar, stirring gently until Sugar is dissolved. Fill Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 2½ hours.

**Tree Tomatoes**

Large quantities of Tree Tomatoes are not grown in Australia, although they can be grown satisfactorily in all States. Substantial quantities are shipped every year from New Zealand, where the Fruit is very popular, and it is becoming more so in Australia, although it is an acquired taste. It may be used in a similar manner to the ordinary Tomato and makes a nice Chutney, recipe for which appears on page 101. It also makes a very nice Jam, especially when mixed with Apple, see recipe on page 145. Tree Tomatoes may be bottled whole, or cut into pieces, the latter being preferable. For Show purposes, cut the Tree Tomatoes in rings and face the rings up to the side of the Bottle; they will look most attractive. As the Fruit is not very juicy, a Medium Syrup should be used to fill up the Bottles.

**Preparation**

Place Rings on Bottles. Remove skins from Tree Tomatoes by immersing in boiling Water (which should be kept boiling) for about 1 minute, then placing in cold Water, when the skins can be easily

**Tree Tomatoes (continued)**

removed. The Wire Blanching Basket and Boiler illustrated on page 138 are ideal for this operation. Pack Tree Tomatoes whole or cut in rings, into Bottles. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 2 hours.

* * *

**Paw Paw**

This Fruit grows abundantly in Queensland and is very much relished. It may be bottled quite successfully and is delicious. The Fruit should be allowed to ripen well, but not decompose. Some people enjoy the "Mustard and Cress" flavour of the seeds and if desired, some of the seeds may be put into the Bottles. It is also claimed that valuable medicinal properties, including a large percentage of pepsin, are contained in the seeds. This Fruit, being low in acid content, requires two sterilisations.

**Preparation**

Place Rings on Bottles. Peel the Paw Paw thickly. Cut into chunks, or split lengthways. Pack in Bottles. Fill Bottles with Heavy Syrup, to which has been added the juice of a Lemon to each pint of Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until $2\frac{1}{2}$ hours have elapsed since the Thermometer first registered *200 degrees.*

After 48 hours, re-sterilise, by repeating the first sterilisation.

**Feijoa**

This is a tropical Fruit, similar to Mango or Paw Paw and it requires two sterilisations.

**Preparation**

Place Rings on Bottles. Peel the Feijoa and slice in rings about ½ inch wide, or split lengthways. Pack in Bottles. Fill Bottles with heavy Syrup, to which has been added the juice of a Lemon to each pint of Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 180 degrees and hold at 180 degrees until 2½ hours have elapsed since the Thermometer first registered *200 degrees.*

After 48 hours, re-sterilise, by bringing to 190 degrees and holding at this temperature for 1 hour.

* * *

**Avocado Pears**

Bottle the Avocado Pear "Paste" in small Bottles, either No. 10 or No. 14, or, if you require just a little at a time, the small No. 3 Bottle would be very suitable. These Bottles require the use of a Steam Cooking Stand (see paragraph 8c, page 11). It is necessary to sterilise twice, as the Avocado Pear is a low-acid Fruit.

**Preparation**

Place Rings on Bottles. Cut Avocado Pear through, remove seed, scrape white or cream coloured flesh into a basin, and add to each 1 lb. of this "paste," 1 level teaspoon of Citric Acid or the juice of 1 Lemon. Fill "paste" in Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees, allow to fall to 160 degrees and hold at 160 degrees until 2 hours have elapsed since the Thermometer first registered *200 degrees.*

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Custard Apples**

The Custard Apple is rather a peculiar Fruit to bottle, having a crinkly peel and also considerable seed bed.

**Custard Apples (continued)**

**Preparation**

Place Rings on Bottles. Peel the Custard Apples, cut into quarters or eighths. Pack pieces in Bottles. Fill Bottles with Medium Syrup to which has been added the juice of a Lemon to each pint of Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees and hold at this temperature for $\frac{1}{4}$ hour.

After 48 hours, re-sterilise, by bringing to 190 degrees and holding at this temperature for $\frac{1}{4}$ hour.

* * *

**Mangoes**

Select Mangoes which are nice and ripe. As this Fruit is very subject to fermentation when bottled in Syrup, it should be sterilised twice.

**Preparation**

Place Rings on Bottles. Remove stones from Mangoes, slice Mangoes and pack in Bottles. Fill Bottles with Heavy Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for $2\frac{1}{2}$ hours.

After 48 hours, re-sterilise by bringing to 180 degrees and holding at this temperature for 1 hour.

* * *

**Cantelopes or Rock Melons, Melons**

Being low in acid content, these Fruits require two sterilisations.

**Preparation**

Place Rings on Bottles. Peel Fruit thickly, remove seeds, slice or cut into $\frac{3}{4}$ inch cubes. Pack in Bottles. Fill Bottles with Heavy Syrup, to which has been added the juice of a Lemon to each pint of Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees and hold at this temperature for $\frac{1}{2}$ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

## DRIED OR DEHYDRATED FRUITS

Dried Fruits may be prepared as for immediate use and bottled, so that they are ready to use at a moment's notice by simply emptying from the Bottles. Dried Fruits are also greatly improved after being bottled, as the Sugar has had an opportunity of penetrating the Fruit during sterilisation.

**Prunes**

If it is desired to use the Prunes as a dessert or sweet-meat, Syrup need not be added.

**Preparation**

Place Rings on Bottles. Wash Prunes in hot Water to remove any grit. Place them in sufficient Medium Syrup to cover the Prunes and allow to stand for 4 hours. Remove Prunes from Syrup, pack in Bottles. Fill Bottles with Medium Syrup in which Prunes have soaked. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Peaches, Dried**

**Preparation**

Place Rings on Bottles. Soak Dried Peaches well in hot Water, after which skins can be easily rubbed off. Rinse in warm Water. Pack in Bottles, flat side of Peaches facing Bottle. Fill Bottles with Light Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Pears, Dried**

**Preparation**

Place Rings on Bottles. Soak Dried Pears in warm Water for 10 minutes, wash away any grit, straighten out curled parts so as to make each half as near original shape as possible. Rinse in warm Water. Pack in Bottles, flat side of Pears facing Bottle. Fill Bottles with Medium Syrup. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

**Apricots, Dried**

Place Rings on Bottles. Soak Dried Apricots in warm Water for 10 minutes, wash away any grit, straighten out curled parts so as to make each half as near original shape as possible. Rinse in warm Water. Pack in Bottles, flat side of Apricots facing Bottle. Fill Bottles with Medium Syrup.

Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2½ hours.

* * *

**Crystallised Orange, Pineapple**

Peel the Oranges or Pineapple. Drop the Oranges into boiling Water and keep the Water boiling for 10 to 15 minutes. (Do not do this for Pineapple). Remove the Oranges and drop them into cold Water. Scrape off all the white from the Oranges and separate into segments, or cut into circles or pieces. Cut Pineapple into circles or pieces. Place the pieces of Orange, or Pineapple, in a large enamel basin, small wooden barrel, or other suitable container.

Make a Syrup by putting 3 lbs. of Sugar to 2 quarts of Water. Bring to the boil, and boil hard for 5 minutes. Pour this boiling Syrup over the Fruit, and allow to stand for 3 days.

Drain off the Syrup, and add to the Syrup, 3 lbs. of Sugar and sufficient Water to make the whole up to 6 pints. Place the Syrup in a saucepan, bring to the boil, and boil hard for 5 minutes. Pour the boiling Syrup over the Fruit, and allow to stand for 3 days.

Drain off the Syrup, and add to the Syrup 3 lbs. of Sugar and sufficient Water to bring the whole up to 6 pints. Boil the Syrup hard for 5 minutes. Pour the boiling Syrup over the Fruit and allow to stand for 7 or 8 days.

Drain off the Syrup and lay the pieces of Fruit on a wire tray. If this is not available, stretch

**Crystallised Orange, Pineapple (continued)**

a piece of open straining cloth across an improvised wooden frame. Put some sort of tray underneath, to catch any Syrup which may soak through. Allow the Fruit to drain for 2 days and 2 nights, turning it over once or twice.

Place the Fruit outside, and let it air dry, or place it in a very slow oven.

Mix the pieces of Fruit thoroughly in Sugar, to give them a full coat of Sugar.

*Note.*—The Fruit may be left in the final (third) Syrup longer than 8 days if necessary. It is suggested that 3 or 4 pieces of Fruit be taken out, drained, dried and rolled in Sugar, to see what results are being obtained, before the remainder of the Fruit is taken out of the final Syrup.

There is another finishing Syrup, to which Gelatine is added, after the drying, but this extends the process and is rather tedious to operate.

* * *

**Dried Figs**

Take the Figs green, cut back the stalks, and here and there prick the skins, especially at the stalk end. Place in a vessel and cover with Brine made by putting ½ lb. Salt to 1 gallon Water. Allow to stand in this Brine for 2 days, then pour off the Brine.

Cover the Figs with clean cold Water. Allow them to stand overnight, to draw out the Salt. Make a thin Syrup by putting 6 lbs. Sugar to 1 gallon of Water. Place the Figs in the Syrup and bring to the boil. Pour the whole lot into a container and allow the Figs to stand in the Syrup for 2 days.

Drain off this Syrup and split the Figs down the middle. Add to the Syrup 6 lbs. more Sugar, place Figs and Syrup in a preserving pan, bring to the boil again, and pour the whole lot into a container and allow the Figs to stand in this thick Syrup for 2 days.

**Dried Figs (continued)**

At the end of 2 days, drain off the Syrup, boil it and pour it back over the Figs. Allow to stand 2 more days. Drain off the Syrup. Place the Figs on trays and allow them to thoroughly dry.

*Note.*—This recipe should give a very nice luscious preserving Fig, but the skin will not be altered very much in colour, as this requires a sulphuring plant, and it is not necessary for home use.

The quantities stated can be reduced, to make a little Syrup, enough for a small experiment, after which large quantities can be processed.

* * *

**Candied Orange, Lemon Peel**

Select Fruit with clean skins. Thoroughly wash, and cut in halves. Remove Fruit pulp and juice.

Place the peel cups in a container, preferably a wooden barrel, and cover them with Brine made by putting 3 lbs. Salt to 1 gallon of Water. Allow them to stand until the Salt has penetrated right through the skin. This will take a period of approximately 6 weeks.

Pour off the Brine and soak the cups in clean Water, changing the Water 2 or 3 times during the day. Allow them to stand in cold Water overnight, and change the Water again several times the next day, until the Salt has almost disappeared when you bite the peel for testing. Just a little Salt left in does not matter.

Place the peel cups in a preserving pan, cover with Water and boil gently until the peel is fairly tender. Lift the peel cups out, and allow them to drain on a cloth or strainer. See that the cups are not jammed one inside the other. They must all be separated. When drained, put them back in the barrel which has been thoroughly cleaned to wash out all the Salt.

Make a Syrup by putting 5 lbs. Sugar to 1 gallon Water. Bring to the boil and pour over the peel. Make sufficient Syrup to cover the peel. Allow

**Candied Orange, Lemon Peel (continued)**

to stand for 48 hours, then pour off the Syrup, put it into the preserving pan and to each gallon of Syrup add another 5 lbs. Sugar. Bring to the boil and pour back over the peel. Allow to stand for a further 48 hours, then repeat the operation and add a further 5 lbs. Sugar. (This makes 15 lbs. Sugar to the gallon all told).

It is necessary to see that the peel is under the Syrup, and this may be accomplished by using a tin plate with a weight on it, or a similar device. The peel may then be left in the final Syrup until ready for use or it can be drained and dried. After the final Syrup has been poured over the peel, it should be allowed to stand for at least 2 weeks before being used.

* * *

## HOME BOTTLED VEGETABLES, MEAT, POULTRY AND FISH

Many people have written to us regarding a notice which has appeared in the Press, from the Department of Agriculture, Victoria, in the nature of a warning as to the danger of eating certain Home Bottled Vegetables and Meat. It is considered that they may be infected by the organism known as Clostridium Botulinum. The points raised are not new, as the isolation of this organism was made as far back as 1896.

Up to the present, no trouble attributable to this organism has been detected in Australia in Home Bottled Vegetables or Meat, but in certain overseas countries cases of food poisoning have occurred.

*After consultation with representatives of the Health Commission of Victoria it is agreed that boiling for ten minutes before serving will eliminate any possible danger arising from this source. It is considered important not to taste Vegetables, Meat, Poultry or Fish before boiling.*

While we consider that our instructions, which have been followed with eminently satisfactory results for nearly 50 years, and which provide for the sterilising of Vegetables, Meat, Poultry and Fish a second time, after a period of 48 hours from the first sterilisation, remove all possibility of danger arising, we believe it would not be in the interests of our users to commence a public controversy, and feeling that some Clients may be doubtful in their own minds, we have agreed to advise our Clients *THAT ALL HOME BOTTLED VEGETABLES SHOULD BE EMPTIED FROM THE BOTTLES INTO A SAUCEPAN AND BOILED, AND ALL HOME BOTTLED MEAT, POULTRY AND FISH SHOULD BE BOILED, FRIED OR OTHERWISE COOKED, FOR AT LEAST TEN MINUTES BEFORE SERVING.*

In most cases the housewife would, of course, boil the Vegetables before use, as has always been recommended in our Instruction Book. In the case of Asparagus, Peas and Beetroot bottled in Brine, if desired to use cold, these can easily be emptied from the Bottles into boiling Water, boiled for ten minutes, and then allowed to cool off. The Beetroot may then be placed in Vinegar, if desired.

In regard to Meat, Poultry and Fish, putrefaction, if present, would be indicated by an offensive odour, and it would then be obvious that they were not fit for use. With our self-sealing Vacuum Bottles, trouble, if present, would also be indicated by a loose Cover. For this reason, Clips should be removed from Bottles when the contents are quite cold, after the second sterilisation. The Covers are then left free, and would become loose if foul gases afterwards formed in the Bottles.


## THERE ARE FIVE IMPORTANT POINTS TO REMEMBER WHEN BOTTLING VEGETABLES

1. Salt must be added to the Water in the Steriliser (see paragraph 8a, page 11).

2. Two sterilisations are necessary. Although the Bottles may be perfectly sealed after the first sterilisation, it does not follow that they will remain so indefinitely.
   The fermentation bacilli is particularly strong in Vegetables, and varies according to the nature of the soil in which the Vegetables have been grown.
   After the Vegetables have become cold, this bacilli begins to sprout, and after a time would become strong enough to form a gas which would in turn blow off the Cover.
   By sterilising the Vegetables a second time after a period of 48 hours, the bacilli is caught again by the heat while in the weak, sprouting stage, and the spores are destroyed. The contents of the Bottle will then keep good for almost any period.

3. It is necessary to boil Vegetables for 10 minutes before serving them (see "Home Bottled Vegetables, Meat, Poultry and Fish,"

page 64). Do not boil for more than 10 minutes, otherwise the Vegetables are likely to be overcooked, as they have already been cooked during sterilisation. Allow to cool, if Vegetables are to be served cold.

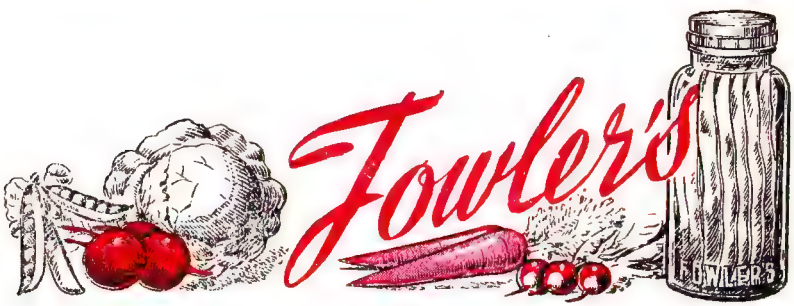
4. Some Vegetables require blanching to destroy the ground bacilli and prevent "souring" when sealed in Bottles. This is done as follows:

   Immerse the Vegtables in boiling Water (which should be kept boiling) for about 5 minutes, moving them up and down. Then immerse in cold Water, and pack immediately in Bottles. The Wire Blanching Basket and Boiler, illustrated on page 138, are ideal for this purpose, or a linen tea cloth or square of cheesecloth may be used, holding the four corners.

5. BRING THE TEMPERATURE UP SLOWLY — IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP" AS THIS MAY CRACK THE BOTTLES. JUST GENTLY BOIL.

A suitable Brine is made by putting ½ oz. Salt to 1 pint warm Water. Stir until Salt dissolves. When bottling with Brine, it is advisable to use our New Pattern Glass Covers, or our Stainless Steel Covers (see page 135).

BEFORE COMMENCING BOTTLING, PLEASE READ GENERAL BOTTLING INSTRUCTIONS ON PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.



**Celery**

**Preparation** Place Rings on Bottles. Select nice white sticks of Celery, trim off green portion (which can be chopped small and bottled for Soup), and cut into suitable pieces. Blanch as per paragraph 4, page 67. Pack in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature** Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Brussels Sprouts, Cabbage, Marrow, Pumpkin, Silver Beet, Turnips, and any similar Vegetable**

Preparation: Place Rings on Bottles. Prepare Vegetables as if for cooking. Blanch as per paragraph 4, page 67. Pack Vegetables in Bottles. Fill Bottles with Brine to which has been added one dessertspoon of Lemon Juice to each pint of Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature** Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Broad Beans** These may be bottled quite successfully, but the appearance after bottling is generally "milky."

**Preparation** Place Rings on Bottles. Shell Broad Beans. Place in saucepan with Water and a little Salt and boil for 10 minutes. Strain, throw away the Water. Put the hot Beans in the Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature** Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

## Cauliflower

**Preparation**

Place Rings on Bottles. Select closely grown and white heads of Cauliflower, cut them into suitable pieces. Blanch as per paragraph 4, page 67. Pack in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for $\frac{3}{4}$ hour.

* * *

## Chillies, Capsicums, Red, Green Peppers

**Preparation**

When bottling these Vegetables, a little of the liquid may come out at the top of the Bottle, but this will in no way affect the contents of the Bottle.

Cut the Vegetables in strips, remove the seeds, sprinkle with Salt and allow to stand overnight.

Rinse. Place Rings on Bottles. Pack the strips in the Bottles. Fill Bottles with Brine made by putting $\frac{1}{2}$ ounce Salt to 1 quart of warm Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at this temperature for $\frac{1}{2}$ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for $\frac{1}{2}$ hour.

* * *

## Mixed Vegetables

Mixed Vegetables may be bottled, but do not include Peas, which are difficult to bottle, Broad Beans, which are likely to turn black when mixed with other Vegetables, nor Onions, as their flavour overpowers that of all the other Vegetables.

**Preparation**

Place Rings on Bottles. Peel and cut up the Vegetables. Blanch as per paragraph 4, page 67. Pack in Bottles. Fill Bottles with Brine to which has been added one dessertspoon of Lemon Juice to each pint of Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Mixed Vegetables (continued)**

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

Boil Vegetables for 10 minutes before serving.

* * *

**Potatoes**

Some of our Clients have asked if these can be bottled. It is quite simple to bottle them, but they are not generally sought after.

**Preparation**

Place Rings on Bottles. Select small young Potatoes about the size of Plums. Peel, place in saucepan with Water and a little Salt and boil for 10 minutes. Strain, throw away Water. Pack Potatoes in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Onions**

At times Onions are difficult to obtain and therefore are well worth bottling. Sliced Onions and Onion Pulp for making Chutney and Tomato Sauce are very convenient and some of our Clients are bottling boiled Onions for general use in the home.

**Preparation**

*Sliced Onions:* Place Rings on Bottles. Peel Onions and slice them. Pack as much as possible in the Bottles. Fill Bottles with Brine made with ½ ounce Salt to 1 quart warm Water. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

*Onion Pulp:* Place Rings on Bottles. Peel Onions and put through mincing machine—smallest knife fitted. Add 1 tablespoon of Brine to each 1 lb.

of Pulp and fill Bottles. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Onions (continued)**

*Boiled Onions:* Place Rings on Bottles and partially fill with Brine. Peel Onions. Pack in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Carrots, Parsnips**

These Vegetables can be cut into small chunks, about 2 inches long and ½ inch square at the ends. These look very attractive when packed as closely as possible in the Bottle. (The spare tapered pieces which have been cut off, or any trimmings, may be minced up and bottled by themselves ready to add to Soups). Small Carrots and Parsnips may be bottled whole, or they may be split into three or four pieces, lengthwise, or sliced, as desired. Carrots and Parsnips bottled together are very desirable, and extremely handy to use at any time.

**Preparation**

Place Rings on Bottles. Scrape off skin of Vegetable and cut to any shape desired (see above). Blanch as per paragraph 4, page 67. Pack in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Beetroot**

Beetroot is best pickled, see page 102 for instructions. We strongly recommend pickling, in preference to bottling Beetroot in Brine for which instructions are given below. Although pickled, Beetroot may be served hot, as a Vegetable, if desired.

**Beetroot (continued)**

**Preparation** Place Rings on Bottles. Boil Beetroot in a large saucepan (being careful not to break the tap roots or side shoots), as if for immediate use. Rub off peel, cut into slices or chunks. Pack in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature** Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Mushrooms** Mushrooms are one of the very few foods that are sometimes not suitable for bottling; success depends largely on the type of soil in which they have been grown. However, many of our Clients will, no doubt, wish to bottle them and, if the following instructions are carefully followed, there is a very good chance of the desired results being obtained.

**Preparation** Place Rings on Bottles. The Mushrooms should be preserved as soon as possible after being gathered. They need not be peeled unless desired, in fact, it is much better to leave the peel on, providing any sand or earth is washed off in clean cold Water. The Mushrooms should be free from insects. Examine the stalks carefully for grubs. Place the Mushrooms in a saucepan containing boiling Water and boil for about 2 minutes. This removes any manurial soil bacteria which is likely to give off an offensive odour when the Bottle is opened. Throw away this Water. Place the Mushrooms in fresh boiling Water and keep them at a simmer in the Water for 20 minutes, or until almost cooked. Save this Water. Pack Mushrooms in Bottles. Use the Water in which the Mushrooms have been cooked for making a White Sauce or Puree, or, add Salt to the Water, and pour the White Sauce, Puree or Brine, over the Mushrooms in the Bottles. Place Covers and Clips on Bottles.

**Mushrooms (continued)**

Bring to 200 degrees and hold at this temperature for 1 hour.

**Temperature**

After 48 hours, re-sterilise, by repeating the first sterilisation.

Here is an alternative method for bottling Mushrooms sent in by one of our clients. We recommend this method and suggest you try it.

Prepare 3 lbs. Mushrooms as described in previous method, place into saucepan and add four pints of Milk seasoned with Pepper and Salt and 2 oz. Butter. Bring to the boil and boil for 5-6 minutes; thicken with 3-4 oz. Cornflour. Place Rings on Bottles, place in Mushrooms and Sauce. Put on Covers and Clips.

**Temperature**

Bring to 200 degrees and hold at this temperature for one hour. After 48 hours re-sterilize by repeating the first sterilization.

NOTE.—This method should yield approximately six No. 20 Bottles of Mushrooms in Sauce.

* * *

**Beans, French and Scarlet Runner (2 Methods)**

These may be bottled whole or sliced, preferably sliced, as they are more handy to use. They should be gathered while young and tender, because if they are well matured they will go tough after sterilisation. The Beans will lose a little of their colour, which is only a pale green, and is not of sufficient density to retain its natural colour after sterilisation. There are two methods of bottling Beans, and the second method of Salting or Brining, is being carried out with excellent results.

**First Method**

**Preparation**

Place Rings on Bottles. String and slice the Beans. Blanch as per paragraph 4, page 67. Pack in Bottles, shaking down firmly. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

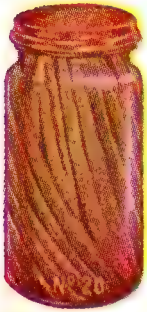
**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for $\frac{3}{4}$ hour.

# The Picture below

4 oz., 2 in. Mouth, for Passion Fruit, Meat Paste, etc.



1½ lb., 3 in. Mouth for Beans, Carrots, Parsnips, Figs, Prunes, etc.

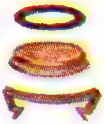
2 lb., 4 in. Mouth for Asparagus and all large fruits. Hand will go right to the bottom

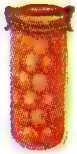

3 lb., 4 in. Mouth for Tomatoes, Peaches, and large fruits. A perfect cylinder.

5 lb., 4 in Mouth f Large Pl Pears, Apricots Tomato etc.


Fill bottle with water or syrup

Put on Ring, Cover and Clip





Put filled bottle into Sterilizer.

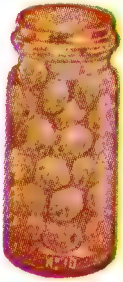
Pack the fruit into the bottle.

# *tells the Story!*


2 lb., 3 in. Mouth for Cherries, Lemon Juice, Apricots, Peaches, etc.

2½ lb., 4¼ in. Mouth for Peaches and all large fruits. Excellent show bottle.

1¼ lb., 4¼ in. Mouth for Sheep Tongue, Pressed Meats, Chicken and fruits for show purposes.



½ lb., 2 in. Mouth for Gooseberries, Honey, Raspberries, etc.

*ers*
*hod*

Pour water into Sterilizer; heat to desired temperature as indicated on Thermometer.


ELECTRIC STERILIZER

After specified time take bottles from Sterilizer. When cold, remove Clips, and Cover will be automatically sealed.

## Beans (continued) Second Method

**Preparation**

Place Rings on Bottles. String and slice Beans. Pack Beans in Bottles, shaking down firmly. Prepare a strong Brine by putting 6 ozs. Salt to 1 pint warm Water. Pour over Beans and allow to soak through for a few minutes. Top up Bottles with the Brine. Place Covers and Clips on Bottles. No Salt need be put in the sterilising Water, and one sterilisation is sufficient when using this method.

**Temperature**

Bring to 170 degrees and hold at this temperature for $\frac{1}{4}$ hour.

When Beans are required for use, the Brine should be drained off and the Beans soaked in cold Water overnight to draw out the Salt. Change the Water several times if convenient. Cook in the usual way, next day.

* * *

## Asparagus

**Preparation**


Place Rings on Bottles. Cut sticks of Asparagus the correct length to suit the size Bottle being used. Scrape sticks lightly with knife, so as to remove the outside thin skin and make them nice and white. Until ready to blanch, drop the scraped sticks in a bowl of cold Water. Blanch as per paragraph 4, page 67.

Pack as many sticks as possible in each Bottle HEADS DOWNWARDS, as they will shrink slightly after sterilisation. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 190 degrees and holding at this temperature for $\frac{3}{4}$ hour.

## Peas

Peas are the hardest Vegetable to bottle, and it cannot be definitely stated that satisfactory results will always be obtained. A great deal depends upon the nature of the soil and the atmospheric conditions at the time of gathering. Sometimes when Peas are bottled, they may have a "milky" appearance. This is the starch which is present in some varieties of Peas. This "milky" Brine is thrown away when the Peas are used.

**Preparation**

Place Rings on Bottles. Select freshly gathered Peas which will shell out a nice green colour. Place Peas in a saucepan with Water and a little Salt and boil them for 5 to 10 minutes. Pack Peas in Bottles, shaking down firmly. Fill Bottles with the Brine made by putting ½ oz. Salt, ½ oz. Sugar and 1 dessertspoon of Lemon Juice to each pint of warm Water. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ¾ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

## Cucumbers

Cucumbers may be bottled in Brine or pickled (see page 103).

**Preparation**

Place Rings on Bottles. Peel Cucumbers, cut into circles or chunks. Pack pieces in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

**Cucumbers (continued)**

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for 1 hour.

* * *

**Artichokes**

**Preparation**

Place Rings on Bottles. Peel the Artichokes. Large Artichokes may be cut into smaller pieces. Put the Artichokes in a saucepan with Water and a little Salt and boil for about 10 minutes. Strain off Water. Pack Artichokes in Bottles. Fill Bottles with Brine. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Egg Fruit**

**Preparation**

Place Rings on Bottles. Peel the Egg Fruit, cut in small pieces. Pack Egg Fruit in Bottles. Fill Bottles with Brine made by putting ½ oz. Salt to 1 quart warm Water. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to boiling point (210-212 degrees), immediately removing from heat, and leaving Bottles in the hot Water in the Steriliser, with the lid on, for ½ hour.

* * *

**Sweet Corn**

The cobs may be bottled whole or cut into pieces, or the Corn may be cut off the cobs and bottled

either in Brine or White Sauce. The Corn bottled in Brine is generally preferred.

**Sweet Corn (continued)**

**Preparation**

Place Rings on Bottles. Strip the silk from the cobs, and the Corn should be cut off with a sharp knife (or a Peach Pitting Spoon as illustrated on page 136, is quite handy for this purpose). Put the Corn in a saucepan and cover with a Brine made by putting ½ oz. Salt to 1 pint Water. Boil until soft. (If White Sauce is to be used, the Brine should be strained off and the White Sauce mixed with the Corn). Place a spoon in the Bottles to prevent cracking, and pour the hot Corn and the Brine in which the Corn has been cooked (or the Corn and the White Sauce) into the Bottles (remove spoon). Place Covers and Clips on Bottles. Add Salt to the WARM sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to boiling point and holding at boiling point for ½ hour.

* * *

**Chokoes**

Chokoes require to be sterilized twice, and to be boiled for 10 minutes before serving, whether bottled as a vegetable or as a fruit.

**Preparation**

Place Rings on Bottles. Peel Chokoes, cut in half, remove cores, and cut in quarters. Pack in Bottles. If bottling Chokoes as a vegetable fill Bottles with a Brine made by putting ½ oz. Salt to 1 quart Water, or, if bottling Chokoes as a fruit, partially fill Bottles with medium Syrup to which has been added 1 saltspoon of Citric Acid or the juice of one Lemon to each pint of Syrup.

Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees and allow to fall to 180 degrees and hold at 180 degrees until 1½ hours have elapsed since the Thermometer first registered *200 degrees.*

**Chokoes (continued)**

After 48 hours, re-sterilise, by bringing to 200 degrees, allowing to fall to 160 degrees and holding at 160 degrees until 1 hour has elapsed since the Thermometer first registered *200 degrees.*

* * *

**Gramma**

This is a variety of Pumpkin and it requires two sterilisations, and to be boiled for 10 minutes before serving, whether bottled as a Vegetable or as a Fruit. The Gramma may be mashed, if preferred, but if this is done, do not jam too much in the Bottles.

**Preparation**

Place Rings on Bottles. Peel Gramma thickly. Cut into pieces. Blanch as per paragraph 4, page 67. Pack in Bottles. If bottling the Gramma as a vegetable fill Bottles with Brine to which has been added 1 dessertspoon of Lemon Juice to each pint of Brine. If bottling the Gramma as a fruit fill Bottles with Medium Syrup to which has been added the juice of 1 Lemon to each pint of Syrup. Place Covers and Clips on Bottles. Add Salt to steriliising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise by bringing to 190 degrees and holding at this temperature for 2 hours.

# SPECIAL CAUTION

## RABBITS

For the last 30 years we have recommended Clients to bottle all kinds of Meat including RABBITS.

Thousands of users of our Outfits have bottled the best portions of Rabbits, that is, the backs and leg-joints, and others have taken the flesh off the bones and minced it, making it into a RABBIT BRAWN. Others have used Rabbit flesh mixed with other Meat and so have made up various mixtures and bottled them by our special method with the greatest satisfaction.

With the prevalence of Myxomatosis, however, Clients have asked us for an opinion, and we now recommend that no RABBIT FLESH be bottled under any circumstances, because we have had no experience with the Bottling of Rabbits affected by Myxomatosis and do not know the effect it may have on Bottled Rabbit Flesh.

To avoid damage to our reputation, thus bringing our particular method of bottling into disrepute, we draw your attention to the following:

CLIENTS USING OUR BOTTLING OUTFITS AND THE INSTRUCTIONS SUPPLIED WITH SAME, SHOULD NOW REFRAIN FROM BOTTLING RABBIT FLESH UNDER ANY CIRCUMSTANCES WHATEVER.

# MEAT

## THERE ARE FOUR IMPORTANT POINTS TO REMEMBER WHEN BOTTLING MEAT

1. Salt must be added to the Water in the Steriliser (see paragraph 8a, page 11).

2. Two sterilisations are necessary. Although the Bottles may be perfectly sealed after the first sterilisation, it does not follow that they will remain so indefinitely.

3. It is necessary to boil, or otherwise cook, the Meat for 10 minutes before serving it (see "Home Bottled Vegetables, Meat, Poultry and Fish," page 64). Allow to cool, if Meat is to be served cold.

4. BRING THE TEMPERATURE UP SLOWLY — IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP" AS THIS MAY CRACK THE BOTTLES. JUST GENTLY BOIL.

   BEFORE COMMENCING BOTTLING, PLEASE READ GENERAL BOTTLING INSTRUCTIONS ON PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

   SEE ALSO PAGE 81, REGARDING THE BOTTLING OF RABBITS WHICH IS NOT RECOMMENDED.

   ONIONS SHOULD NEVER BE BOTTLED WITH MEAT, as their flavour when bottled becomes so strong as to overshadow that of the Meat. If it is desired to flavour the Meat with Onions, cook them, or bottle them separately, and mix with the Meat when it is being cooked for 10 minutes prior to serving.

**Bacon, Beef, Ham, Mutton, Oxtail, Pork, Sausages, Stew, and other Meat, excluding Rabbits**

Preparation: Place Rings on Bottles. Cook the Meat by roasting, boiling, stewing or any other method, as for immediate use. Joints may be sliced. Pack in Bottles. The No. 28 Bottle is ideal for preserving Meat. Fill Bottles with Gravy or Stock to which has been added ¼ oz. Gelatine to 1 pint of liquid. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for 1 hour.

If Pork is to be bottled, it should be very fresh. It should not be bottled if it has been in a refrigerator.

* * *

**Potted Meat**

**Preparation**

Place Rings on Bottles. Mince 1½ lbs. of Lean Stewing Steak and ½ lb. of uncooked Lean Ham, add 1 dessertspoon of Worcestershire Sauce or Fowlers Vacola Barbecue Sauce, and Salt and Pepper to taste. Beat 3 Eggs thoroughly and add to the Minced Meat, together with 1 cup of Breadcrumbs and 1 dessertspoon of Flour. Cook well in a saucepan for ½ to 1 hour. If not sufficient moisture, add a little Water. Fill Bottles with the paste. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

**Pork and Beans**

**Preparation**

Place Rings on Bottles. Use dried Haricot Beans and Lima (or Butter) Beans. Boil the Pork as if for immediate use. The Beans also are soaked and boiled as if for serving immediately. Cut the Pork into small pieces and mix with the Beans, together with a little Tomato Pulp or Tomato Sauce. Fill Bottles. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Chicken and Ham Paste**

When the Bottles are quite cold, the Butter will set on the top, and this is used with the Paste, when turned out.

**Preparation**

Place Rings on Bottles. Mince through the smallest mincer, equal parts of cooked Ham and cooked Chicken. Place in saucepan, add a little Butter and heat until Butter is melted; thoroughly mix with Ham and Chicken. Fill Bottles with the Paste. Place Covers and Clips on Bottles. The No. 3 Bottle is ideal, but requires the use of a Steam Cooking Stand (see paragraph 8c, page 11). Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Tripe**

**Preparation**

Place Rings on Bottles. *Do not include Onions with Tripe* (see page 82). Cook Tripe in a thick

**Tripe (continued)**

White Sauce as if for serving immediately. Pack in Bottles, seeing that plenty of White Sauce is put in the Bottles with the Tripe. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Brawn**

Almost any kind of Brawn can be bottled. We do not recommend the use of Veal, as this is one type of meat which goes "off" very quickly, particularly in hot weather. We suggest the use of either Bacon or Beef, instead of Veal.

**Preparation**

Place Rings on Bottles. Make the Brawn, using a little Gelatine so that when the bottling is finished, the Brawn will set in a solid mass. Pack the Brawn in the Bottles. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Sheeps' Tongues**

**Preparation**

Place Rings on Bottles. Boil the Tongues for about 2 hours, or until the skin will peel off easily. Skin Tongues and trim off the rough portions of the root. Pack in Bottles. Dissolve Gelatine in boiling

**Sheeps' Tongues (continued)**

Water, 2 ozs. Gelatine to 1 pint Water, pour over the Tongues while hot. Place Covers and Clips on Bottles. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Calves' Foot Jelly**

Place Rings on Bottles. Put two prepared Calves' Feet in a saucepan with 2 quarts of Water and allow to boil steadily, but gently, until the liquid is reduced to half. Strain, and leave till set. Remove all fat by pouring a cupful of boiling Water over the set liquid, and skimming quickly. Take 1½ pints of this stock, free from any fat or sediment. Put it into a saucepan with the strained juice and thinly peeled rinds of 2 Lemons, a glass of Sherry, 3 ozs. of pounded Loaf Sugar, and the whites and crushed shells of 2 Eggs. Whisk all these ingredients over a gentle heat till the liquid boils up to the top of the saucepan, let it sink, and reboil twice, then draw the saucepan to the side of the fire and let it stand for 10 minutes. Wring out a jelly bag in hot Water, let the Jelly run through the bag, and pour into the Bottles. The No. 10 size Bottle is very suitable, but requires the use of a Steam Cooking Stand (see paragraph 8c, page 11). Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for 1½ hours. One sterilisation only is required.

# POULTRY

## THERE ARE FOUR IMPORTANT POINTS TO REMEMBER WHEN BOTTLING POULTRY

1. Salt must be added to the Water in the Steriliser (see paragraph 8a, page 11).

2. Two sterilisations are necessary. Although the Bottles may be perfectly sealed after the first sterilisation, it does not follow that they will remain so indefinitely.

3. It is necessary to boil, or otherwise cook, the Poultry for 10 minutes before serving it (see "Home Bottled Vegetables, Meat, Poultry and Fish," page 64.

4. BRING THE TEMPERATURE UP SLOWLY — IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP" AS THIS MAY CRACK THE BOTTLES. JUST GENTLY BOIL.

BEFORE COMMENCING BOTTLING, PLEASE READ GENERAL BOTTLING INSTRUCTIONS ON PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

**Chicken, Chicken and Ham, Duck, Fowl, Mutton Bird, Turkey**

**Preparation**

Place Rings on Bottles. Pluck and dress the Bird. Place the Bird in a saucepan, cover with cold Water, add a tablespoon of Salt, bring to the boil and keep boiling for 5 minutes. Pour this Water down the sink, as it is useless. The boiling of the Bird in Water is to remove all blood cells from the flesh, as these tend to cause putrefaction. Cook the Bird by roasting, boiling or steaming, as preferred. (In the case of Mutton Bird, cook by boiling in a saucepan for 15 minutes). When cooked, remove the best portions, that is the legs, breast and best part of the wings. Discard the back of the Bird and the tips of the wings.

| | |
|---|---|
| **Chicken, etc. (continued)** | Cut in suitable pieces. Pack in Bottles. Make a thin Gravy and add to the Gravy, 2 ozs. Gelatine to each pint of liquid. Fill Bottles with Gelatinised Gravy. Place Covers and Clips on Bottles. Add Salt to sterilising Water. |
| **Temperature** | Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.<br>After 48 hours, re-sterilise, by bringing to boiling point and holding at boiling point for ½ hour. |

* * *

## ANYTHING YOU EAT — YOU CAN BOTTLE

Read this letter from an owner of a Fowlers Vacola Bottling Outfit:

*Box 53, Lake Grace, W.A.*

*To Fowlers Vacola, Hawthorn.*

*Dear Sirs,*

*I have been the proud owner of one of your Fowlers De Luxe Outfits for just on four years, and the results have been truly marvellous. I recently exhibited a collection of 45 varieties and won a trophy for same. The following is a list of my exhibits:*

| | | |
|---|---|---|
| *Peaches* | *Nectarines* | *Mixed Soup Vegetables* |
| *Pears* | *Apples* | *French Beans* |
| *Apricots* | *Grapes* | *Pork and Beans* |
| *Plums, Golden* | *Rhubarb* | *Spaghetti* |
| *Plums, Red* | *Tomatoes* | *Sausages* |
| *Prunes* | *Cabbage* | *Braised Steak* |
| *Loquats* | *Cauliflower* | *Beef Stew* |
| *Oranges* | *Beetroot* | *Minced Meat* |
| *Figs, Adam* | *Parsnips* | *Clear Soup* |
| *Figs, Sugar* | *Turnips* | *Salmon* |
| *Mulberries* | *Pumpkin* | *Onion Pickle* |
| *Water Melon* | *Carrots* | *Cauliflower Pickle* |
| *Bananas* | *Swede* | *Plum Jam* |
| *Fruit Salad* | *Celery* | *Peach Jam* |
| *Quinces* | *Onions* | *Butter* |

*Yours very sincerely,*

*MRS. O. M. EGGERS.*

# FISH

## THERE ARE FOUR IMPORTANT POINTS TO REMEMBER WHEN BOTTLING FISH

1. Two sterilisations are necessary. Although the Bottles may be perfectly sealed after the first sterilisation, it does not follow that they will remain so indefinitely.

2. It is necessary to fry or otherwise cook the Fish for 10 minutes before serving.

3. BRING THE TEMPERATURE UP SLOWLY — IT SHOULD TAKE THREE-QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP" AS THIS MAY CRACK THE BOTTLES. JUST GENTLY BOIL.

   BEFORE COMMENCING BOTTLING, PLEASE READ GENERAL BOTTLING INSTRUCTIONS ON PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

**Fish (3 Methods)**

All kinds of Fish can be bottled. The Fish should be cooked first, either whole or in cutlets, as if for immediate use, by frying, steaming or boiling, and sterilised in the Bottles afterwards. Boiled Schnapper, Murray Cod cutlets, Rainbow or River Trout, etc., are very good when bottled.

Prawns, Crayfish, or Fish which has been cooked in the shop prior to purchase can be put straight into the Bottles.

**First Method**

**Preparation**

Place Rings on Bottles. Pack the cooked Fish into Bottles. Fill Bottles with the Fat in which the Fish has been fried, or the Water in which it has been boiled (if the latter, add ½ oz. Gelatine to each pint of liquid). Place Covers and Clips on Bottles.

**Fish (continued)**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

**Second Method**

Here is a recipe passed on to us by a Client who says it produces excellent results, the Fish having a beautiful flavour, and there is no trace of the Fish bones, which apparently dissolve.

**Preparation**

Place Rings on Bottles. Drop the Fish into a Brine of such density that an egg will float in it. Leave in Brine for 20 minutes. Drain, and pack Fish tightly into Bottles with no liquid whatsoever, then pour about 1 dessertspoonful of Vinegar into each Bottle. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and allow to boil gently for a period of eight hours (leave gently simmering all night).. For delicate Fish, such as Garfish, five hours is sufficient. The RAW Fish is packed into the Bottles, pressed down and about 1 dessertspoonful of Vinegar is added to each Bottle. It is not necessary to sterilise a second time when this method is used.

**Third Method**

Another Client writes that with the aid of a pressure cooker, she has been able to soften the bones of Fish (Salmon, etc.) when bottling same. Her recipe is as follows:

**Preparation**

Place Rings on Bottles. Take 4 lbs. Fish (heads and fins removed), 1½ cups Vinegar, ¼ cup Water, 2 heaped teaspoons Salt, ¼ teaspoon Pepper. Put all in pressure cooker and steam slowly for 3 hours. If steamed too rapidly, the Fish falls to pieces. After the Fish is cold, pack in Bottles. Fill Bottles with liquid from the pressure cooker. Place Covers and Clips on Bottles.

**Fish (continued)**

**Temperature**

Bring to 210 degrees and hold at this temperature for 1 hour. One sterilisation is sufficient when Vinegar is used.

* * *

**Salmon**

Try Mr. Killick's recipe for bottling Salmon. Mr. Geo. Killick, of Box 45, G.P.O., Albany, Western Australia, writes:

"I have supplied quite a number of people with my recipe and thought that perhaps you would like to try it out with a view to including it in your valuable book."

**Preparation**

Place Rings on Bottles. Scale and fillet the Salmon. Cook Salmon. Pack in Bottles. Fill Bottles with a mixture of 1 tablespoon of Salt to 4 pints of Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for $\frac{1}{2}$ hour.

One sterilisation is sufficient when Vinegar is used.

* * *

**Crab Meat**

**Preparation**

Place Rings on Bottles. Boil the Crabs in fresh Water to which has been added $\frac{1}{4}$ lb. Salt to 2 gallons Water. Pick flesh from shells. Pack in Bottles. Fill Bottles with a Brine made by putting $\frac{1}{4}$ oz. Salt to 1 quart Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for $\frac{1}{2}$ hour.

**Prawns**

Place Rings on Bottles. Unless the Prawns have been previously boiled as when purchased from a fish shop, the Prawns should be boiled in fresh Water to which has been added ¼ lb. Salt to 2 gallons Water. Remove heads and tails and the skin or scales. Pack in Bottles. Fill Bottles with a Brine made by putting ¼ oz. Salt to 1 quart Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

**Mussels, Scallops**
**Preparation**

Place Rings on Bottles. Boil the Mussels or Scallops in fresh Water. Take from shells. Make a Brine by putting 1 lb. Salt to 1 gallon Water, and pour over Mussels or Scallops. Stir well, and allow to stand for 4 hours. Remove from Brine and rinse in cold Water to remove surplus Salt. Pack in Bottles, not too solidly. Fill Bottles with ordinary brown Malt Vinegar, or with white Pickling Vinegar which you can obtain from the chemist (it is necessary to ask the chemist to supply the correct strength for pickling purposes). This should be four per cent acitic acid. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 1½ hours. One sterilisation is sufficient when Vinegar is used.

## Crayfish (2 Methods)

It is not advisable to bottle Crayfish in a Curry Sauce, but just to bottle Crayfish by itself and make fresh Curry Sauce when it is served.

### First Method

**Preparation**

Place Rings on Bottles. Unless the Crayfish have been previously boiled as when purchased from a fish shop, the Crayfish should be boiled in fresh Water to which has been added ¼ lb. Salt to 2 gallons Water. Disjoint the Crayfish, cut into sections, strip off all shell portions, crack the claws, draw out the white flesh from the claws. Be sure to see that none of the brown internal portion of the Crayfish is allowed to mix with the white flesh. It is not desirable that any of this should be bottled. Pack the flesh in the Bottles, pressing down firmly. Fill Bottles with a Brine made by putting ¼ oz. Salt to 1 quart Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.
After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

### Second Method

**Preparation**

Place Rings on Bottles. Boil the Crayfish and disjoint it, etc., as per instructions given above, but instead of filling the Bottles with a Brine, fill them with ordinary brown Malt Vinegar or white Pickling Vinegar (see Mussels and Scallops). Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour. One sterilisation is sufficient when Vinegar is used.

* * *

## Whitebait

**Preparation**

Place Rings on Bottles. Scald the Fish in Water sufficiently hot to render the Fish white (cooked). Discard this Water. Pack Fish in Bottles, not too firmly. Fill Bottles with a Brine made by putting

**Whitebait (continued)**

$\frac{1}{4}$ oz. Salt to 1 quart Water. Place Covers and Rings on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for 1 hour.

* * *

**Oysters (2 Methods)**

**First Method**

**Preparation**

Place Rings on Bottles. Remove Oysters from shells. Make a Brine by putting 1 lb. Salt to 1 gallon Water, and pour over Oysters. Stir well, and allow to stand for 4 hours. Remove from Brine and rinse in cold Water to remove surplus Salt. Pack in Bottles, not too solidly. Fill Bottles with a Brine made by putting $\frac{1}{4}$ oz. Salt to 1 quart Water. Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees and hold at this temperature for $\frac{3}{4}$ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for $\frac{1}{2}$ hour.

* * *

**Second Method**

**Preparation**

Place Rings on Bottles. Prepare and pack the Oysters in the Bottles, as per instructions given above, but instead of filling the Bottles with a Brine, fill them with ordinary brown Malt Vinegar or white Pickling Vinegar (see Mussels and Scallops). Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for $\frac{3}{4}$ hour. One sterilisation is sufficient when Vinegar is used.

## Fish Paste

6 Red Herrings

¼ lb. Butter

½ pint Cream

3 Eggs

**Preparation**

Place Rings on Bottles. The No. 3 Bottle is ideal, but requires the use of a Steam Cooking Stand (see paragraph 8c, page 11). Skin and bone the Herrings and put through a mincing machine.

Melt the Butter, and add to the minced Herrings.

Stir in Cream, and the Eggs which should have been thoroughly beaten. Cook gently for 10 minutes. Fill Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ½ hour.

* * *

## Eels

Eels can be bottled by following any of the instructions given for Fish, and Eel Cutlets when bottled by Mr. Killick's method for Salmon on page 91 are very suitable.

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## Pippies

Pippies can be bottled following the instructions given for bottling Mussels and Scallops. If it is not desired to bottle the Pippies in Vinegar, they may be bottled in a Brine made by putting ¼ *oz.* Salt to 1 quart Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour. After 48 hours re-sterilise by bringing up to 210-212 degrees and holding at this temperature for ½ hour.

# PICKLES and SAUCES

You may use "Sausetta" (see page 147) in place of spices for pickling anything to your own recipe, by using 2 fluid ounces to 6 lbs. of other ingredients, or we will send you, upon request, a "Sausetta" recipe for pickling anything not included in this Book of Instructions. Only one sterilisation is required for Pickles and Sauces.

BRING THE TEMPERATURE UP SLOWLY—IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE.

FIRST READ GENERAL BOTTLING INSTRUCTIONS, PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

**Tomato Sauce (Without Vinegar)**

24 lbs. Ripe Tomatoes (or Tomato Pulp, previously cooked)
2 lbs. Onions — 4 ozs. Salt
3 lbs. Sugar — 3 pints Water
1 bottle (8 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles if using Vacuum Bottles (Nos. 10 and 19 are very suitable but No. 10 require the use of a Steam Cooking Stand, see paragraph 8c, page 11). The China Stoppered Bottles also are very suitable, and if using these, see page 109 for their operation. Peel and slice the Onions, place in preserving pan. Add the Water and boil until the Onions are soft.

Cut up the Tomatoes and add these (or previously cooked Tomato Pulp), together with the Sugar, Salt and "Sausetta." Bring to the boil and continue boiling for about 1½ hours, or until the Sauce is of a suitable thickness. Strain through a sieve to take out the skins and seeds. (If desired, the skins may be removed before the Tomatoes are cut up, by immersing the Tomatoes in boiling Water for about 1 minute, then placing them in cold Water, when the skins can be easily re-

**Tomato Sauce (continued)**

moved). Place a spoon or a stick in the Bottles, to prevent cracking, and fill with hot Tomato Sauce (remove spoon or stick). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

* * *

**Tomato Sauce (With Vinegar)**

16 lbs. Ripe Tomatoes (or Tomato Pulp, previously cooked)
1½ lbs. Onions — 4 ozs. Salt
2 lbs. Sugar — 2 pints Water
1 pint Vinegar (ordinary brown Malt Vinegar)
1 bottle (8 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles if using Vacuum Bottles (Nos. 10 and 19 are very suitable, but No. 10 require the use of a Steam Cooking Stand, see paragraph 8c, page 11). The China Stoppered Bottles are also very suitable, and if using these, see page 109 for their operation. Peel and slice the Onions, place in preserving pan. Add the Water and boil until the Onions are soft. Cut up the Tomatoes and add these (or previously cooked Tomato Pulp), together with the Sugar, Salt, Vinegar and "Sausetta." Bring to the boil, and continue boiling for about 1½ hours, or until the Sauce is of a suitable thickness. Strain through a sieve to take out the skins and seeds.

(If desired, the skins may be removed before the Tomatoes are cut up, by immersing the Tomatoes in boiling Water for about 1 minute, then placing them in cold Water, when the skins can be easily removed). Place a spoon or a stick in the Bottles to prevent cracking, and fill with hot Tomato Sauce (remove spoon or stick). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

**Tomato Relish**

If it is desired to make the Relish hot, add 1 teaspoon of Cayenne Pepper to the ingredients mentioned below.

This recipe may be used for Green Tomato Relish, using green Tomatoes, instead of ripe ones.

12 lbs. Red Ripe Tomatoes
2 lbs. Onions
1 tablespoon Salt
2½ lbs. Sugar
4 level tablespoons Mustard
1 level tablespoon Curry Powder
3 (not too heaped) tablespoons Corn Flour
1 bottle (24 fl. ozs.) Vinegar
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Cut up the Tomatoes, peel and cut up finely the Onions, and place in preserving pan together with all the remaining ingredients, except the Corn Flour. Boil gently for 1¼ hours. Mix the Corn Flour with a little Water into a paste, and add this to the boiling Relish. Boil hard for 10 minutes. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Tomato Relish (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

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**Mustard Pickle**

1½ lbs. Cauliflower
1½ lbs. Onions
½ lb. Cucumber
1 oz. Mustard
½ oz. Curry Powder
2 ozs. Flour
½ lb. Sugar
2 pints Vinegar
1 tablespoon (1 fl. oz.) "Sausetta"

**Mustard Pickle (continued)**

Place Rings on Bottles. Cut up the Cauliflower and Onions (first removing skin from Onions). Cut the Cucumber into cubes. Pour over these, a Brine made by putting 4 ozs. Salt to 4 pints Water, and allow to stand for 24 hours. Bring all to the boil and strain off this liquid. Mix the Mustard, Curry Powder and Flour, with sufficient Vinegar, into a smooth paste. Add this paste to the Sugar, Vinegar and "Sausetta," which should then be added to the Cauliflower, Onions and Cucumber. Boil for 3 minutes. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Mustard Pickle (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Preparation**

Bring to 180 degrees and hold at this temperature for ½ hour.

**Temperature**

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**Sweet Chutney**

6 lbs. Cooking Apples
3 lbs. Onions
3 lbs. Tomatoes
1½ lbs. Sultanas
1½ lbs. Seeded Raisins
1½ lbs. Sugar
3 pints Vinegar (ordinary brown Malt Vinegar)
1 bottle (8 fl. ozs.) "Sausetta"

Place Rings on Bottles. Peel, core and slice the Apples, peel and slice the Onions, cut up the Tomatoes, and place all in a preserving pan, with all the remaining ingredients. Boil for 1 hour. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Sweet Chutney (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Preparation**

Bring to 170 degrees and hold at this temperature for ¾ hour.

**Temperature**

**Tomato Relish**

If it is desired to make the Relish hot, add 1 teaspoon of Cayenne Pepper to the ingredients mentioned below.

This recipe may be used for Green Tomato Relish, using green Tomatoes, instead of ripe ones.

12 lbs. Red Ripe Tomatoes
2 lbs. Onions
1 tablespoon Salt
2½ lbs. Sugar
4 level tablespoons Mustard
1 level tablespoon Curry Powder
3 (not too heaped) tablespoons Corn Flour
1 bottle (24 fl. ozs.) Vinegar
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Cut up the Tomatoes, peel and cut up finely the Onions, and place in preserving pan together with all the remaining ingredients, except the Corn Flour. Boil gently for 1¼ hours. Mix the Corn Flour with a little Water into a paste, and add this to the boiling Relish. Boil hard for 10 minutes. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Tomato Relish (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

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**Mustard Pickle**

1½ lbs. Cauliflower
1½ lbs. Onions
½ lb. Cucumber
1 oz. Mustard
½ oz. Curry Powder
2 ozs. Flour
½ lb. Sugar
2 pints Vinegar
1 tablespoon (1 fl. oz.) "Sausetta"

**Mustard Pickle (continued)**

Place Rings on Bottles. Cut up the Cauliflower and Onions (first removing skin from Onions). Cut the Cucumber into cubes. Pour over these, a Brine made by putting 4 ozs. Salt to 4 pints Water, and allow to stand for 24 hours. Bring all to the boil and strain off this liquid. Mix the Mustard, Curry Powder and Flour, with sufficient Vinegar, into a smooth paste. Add this paste to the Sugar, Vinegar and "Sausetta," which should then be added to the Cauliflower, Onions and Cucumber. Boil for 3 minutes. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Mustard Pickle (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Preparation**

Bring to 180 degrees and hold at this temperature for ½ hour.

**Temperature**

* * *

**Sweet Chutney**

6 lbs. Cooking Apples
3 lbs. Onions
3 lbs. Tomatoes
1½ lbs. Sultanas
1½ lbs. Seeded Raisins
1½ lbs. Sugar
3 pints Vinegar (ordinary brown Malt Vinegar)
1 bottle (8 fl. ozs.) "Sausetta"

Place Rings on Bottles. Peel, core and slice the Apples, peel and slice the Onions, cut up the Tomatoes, and place all in a preserving pan, with all the remaining ingredients. Boil for 1 hour. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Sweet Chutney (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Preparation**

Bring to 170 degrees and hold at this temperature for ¾ hour.

**Temperature**

**Mango Chutney**

2 lbs. peeled ripe Mangoes
1 lb. Sugar (preferably brown)
4 Tomatoes
2 Bananas
1 lb. Sultanas
½ lb. seeded Raisins
3 medium size Apples
1 Lemon
2 pints Vinegar (ordinary brown Malt Vinegar)
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Cut up Mangoes, peel and cut up Tomatoes, Bananas and Lemon. Peel, core and cut up Apples. Place in preserving pan with all the remaining ingredients. Boil for 1 hour, or until thick. Stir well. Place a spoon in the Bottles to prevent cracking, and fill with hot Mango Chutney (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ¾ hour.

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**Chinese Gooseberry Chutney**

The following recipe has been kindly supplied to us by the New Zealand Fruitgrowers Ltd.:

12 Chinese Gooseberries, peeled and cut up
3 medium size grated Onions
1 large Banana, cut up
2 Lemons, peeled and cut into chunks
1 small cup Sultanas or Raisins
1 teaspoon ground Ginger
¼ lb. preserved Ginger
1 large cup brown Sugar
1 dessertspoon, or a little less, Salt
½ teaspoon Pepper
1 large cup Vinegar (ordinary brown Malt Vinegar)

**Preparation**

**Chinese Gooseberry Chutney (continued)**

Place Rings on Bottles. Put all ingredients into a saucepan, adding Vinegar last. It should just cover the other ingredients, so add more if necessary. Simmer about 1½ hours. Mash with a potato masher—do not strain—through a colander. Place a spoon in the Bottles, to prevent cracking, and fill with hot Chinese Gooseberry Chutney (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour. For bottling Chinese Gooseberries see page 54.

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**Tree Tomato Chutney**

The following recipe has been kindly supplied to us by the New Zealand Fruitgrowers Ltd.:

2 dozen Tree Tomatoes

1 lb. Onions

2 dessertspoons Salt

1 to 2 teaspoons Cayenne Pepper

½ lb. Raisins or Sultanas

1 lb. green Apples

2 lbs. brown Sugar

2 to 4 teaspoons mixed pickling Spices (Chillies, Peppercorns, Cloves and Allspice)

2 pints Vinegar (ordinary brown Malt Vinegar)

**Preparation**

Place Rings on Bottles. Scald and skin the Tomatoes, cut into small pieces and put into a large saucepan. Add the Apples (pared, cored and cut small), chopped Onions and all the other ingredients. Tie the Spices in a piece of muslin so they can be easily removed. Bring to the boil and continue cooking gently (stirring occasionally to prevent sticking) until the Fruit is quite soft and the mixture is a rich brown and thickened. Cooking may take 1½ to 2 hours. Place a spoon in the Bottles to prevent cracking, and fill with hot Tree Tomato Chutney (remove spoon). Place

**Tree Tomato Chutney (continued)**

Covers and Clips on Bottles. Use WARM sterilising Water.

Bring to 170 degrees and hold at this temperature for ½ hour.

For bottling Tree Tomatoes see page 56.

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**Pickled Onions, Eschalots**

Onions or Eschalots (any quantity)

½ lb. Sugar

1 oz. Salt

4 pints Vinegar (ordinary brown Malt Vinegar)

¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Peel Onions or Eschalots and cover with a Brine made by putting 2 ozs. Salt to 1 pint Water. Allow to stand overnight. Place Rings on Bottles. Drain Brine off Onions or Eschalots and pack in Bottles. Bring Vinegar, Sugar and Sausetta to the boil for 5 minutes. Strain through muslin or flannel. Fill Bottles with this hot, prepared Vinegar. Place Covers and Clips on Bottles. The Pickled Onions or Eschalots will be ready for use in 7 days. They need not be sterilised, but if it is desired to permanently seal the Bottles they may be sterilised as follows.

**Temperature**

Bring to 160 degrees and hold at this temperature for ¼ hour.

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**Pickled Beetroot**

Beetroot

2 pints Vinegar (ordinary brown Malt Vinegar)

½ teacup Sugar

¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Nice young Beet should be selected and boiled until soft enough for a fork to be inserted quite easily. Remove Beet from boiler, place in sink or bowl and cover with cold Water. The skin can then be easily removed. Slice the peeled Beet, or cut into quarters. Baby

Beets may be bottled whole. Pack in Bottles, not too firmly. Mix together thoroughly (cold), the Vinegar, Sugar and "Sausetta." Strain through muslin or flannel. Fill Bottles with this prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 1 hour.

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**Pickled Small Cucumbers**

Small Cucumbers
4 pints Vinegar (ordinary brown Malt Vinegar)
2 lbs. Sugar
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Soak small Cucumbers in a Brine made by putting ¼ lb. Salt to 1 pint Water, for 7 days. See they are well covered with Brine. Rinse in clean Water. Place Rings on Bottles. Pack small Cucumbers in Bottles. Boil together for 5 minutes the Vinegar, Sugar and "Sausetta." Strain through muslin or flannel. Fill Bottles with this prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for ½ hour.

The small Cucumbers will be ready for use in about 2 weeks.

* * *

**Pickled Gherkins**

Gherkins
2 pints Vinegar (ordinary brown Malt Vinegar)
1½ lbs. Sugar
2 teaspoons Cloves
2 tablespoons broken-up Stick Cinnamon

**Preparation** Soak Gherkins in a Brine made by putting ¼ lb. Salt to 1 pint Water, for 7 days. See they are well covered with Brine. Rinse in clean Water, and allow to drain. Place Rings on Bottles. Pack Gherkins in Bottles. Boil together the Vinegar, Sugar, Cloves and Cinnamon (wrap the spices very loosely in a piece of muslin and drop them into the Vinegar, they can be lifted out in the muslin after boiling). Boil gently for 20 minutes. Strain through muslin or flannel. Fill Bottles with this prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature** Bring to 160 degrees and hold at this temperature for 1½ hours.

After bottling, the Gherkins will not have the brilliant green colour seen in factory-produced Gherkins, which requires the use of large steam kettles. However, harmless green colouring matter (complete with instructions for use), may be obtained from Fowlers Vacola for the sum of 5/-, including postage to anywhere within Australia, and this will make the Gherkins nearly as green as the factory-produced Gherkins.

* * *

**Pickled Red Cabbage**

Pickled Red Cabbage is delicious with cold Meat.

1 large Red Cabbage

4 pints Vinegar (ordinary brown Malt Vinegar)

¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation** Place Rings on Bottles. Cut up the Cabbage finely, sprinkle with Salt and allow to stand overnight, then drain. Pack Cabbage in Bottles. Boil together the Vinegar and "Sausetta" for 5 minutes, allow to stand until lukewarm. Strain through muslin or flannel. Pour over Cabbage, keep mixture well stirred while filling Bottles, and put even

**Pickled Red Cabbage (continued)**

quantity in each; if short, fill up with extra cold Vinegar. Place Covers and Clips on Bottles.

After 4 days the Pickled Red Cabbage will be ready for use. It need not be sterilised, but if it is desired to seal the Bottles, they may be sterilised as follows.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

* * *

**Pickled Cauliflower**

Pickled Cauliflower makes a delicious Pickle for any occasion.

1 large Cauliflower (with closely grown head),

4 pints Vinegar (ordinary brown Malt Vinegar)

¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Cut Cauliflower into suitable pieces, remove any excess stalk. Pack Cauliflower in Bottles. Boil together the Vinegar and "Sausetta" for 5 minutes. Strain through muslin or flannel. Fill Bottles with this hot, prepared Vinegar, putting an even quantity in each; if short, fill up with extra hot Vinegar. Place Covers and Clips on Bottles.

In a week the Pickled Cauliflower will be ready for use. It need not be sterilised, but if it is desired to seal the Bottles, they may be sterilised as follows.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

* * *

**Pickled Green Tomatoes**

8 lbs. green Tomatoes

2 lbs. Onions

2 lbs. Sugar

1 teaspoon Salt

1 quart Vinegar (ordinary brown Malt Vinegar)

2 tablespoons Flour

1 tablespoon Mustard

1 fluid ounce "Sausetta"

**Pickled Green Tomatoes (continued)**

**Preparation** Place Rings on Bottles. Slice the Tomatoes and peel and slice the Onions. Sprinkle on the Salt and place all of the ingredients, with the exception of the Flour and Mustard, into a preserving pan and boil slowly for 20 minutes. Mix Flour and Mustard with a little Water into a smooth paste and stir into the Pickle. Continue boiling for another 10 minutes and keep stirring to prevent burning. Strain through muslin or flannel. Fill Bottles and place on Covers and Clips.

**Temperature** Bring to 170 degrees and hold at this temperature for ½ hour.

* * *

**Pickled Mangoes**

Mangoes (slightly under-ripe)
2 pints Vinegar (ordinary brown Malt Vinegar)
¼ lb. Sugar
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation** Place Rings on Bottles. Cut Mangoes into slices free from stone. Pack Mangoes in Bottles. Mix thoroughly (cold) the Vinegar, Sugar and "Sausetta." Strain through muslin or flannel. Fill Bottles with prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature** Bring to 190 degrees and hold at this temperature for 1½ hours.

* * *

**Pickled Walnuts**

Walnuts (green)
2 pints Vinegar (ordinary brown Malt Vinegar)
1 tablespoon (1 fl. oz.) "Sausetta"

**Preparation** Gather the Walnuts when the sun is on them, and while they are quite green — before the shell hardens. Prick them well with a fork or knitting needle. Place in a strong Brine made by putting 4 lbs. Salt to 1 gallon Water. Allow to stand in the Brine for 9 days. Stir well twice a day. Drain off Brine, spread Walnuts out on a tray or cloth and place in the sun until the skins turn black. This will usually take 2 or 3 days. Bring the Walnuts indoors at night, and put them out the next day, so that the night air does not get on them. Place

Rings on Bottles. Pack Walnuts in Bottles. Boil together for 5 minutes the Vinegar and "Sausetta." Fill Bottles with prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for ¾ hour.

* * *

**Pickled Nasturtium Pods**

Nasturtium Pods (green)

3 pints Vinegar (ordinary brown Malt Vinegar)

1 pint Water

½ bottle (4 fl. ozs.) "Sausetta"

**Preparation**

Pick the Nasturtium Pods when they are green. Place in a Brine made by putting 1 lb. Salt to 1 quart boiling Water. Pour over pods and allow to stand in the Brine for 48 hours. Pour off Brine and thoroughly wash the Pods in plenty of cold Water. Place Rings on Bottles. Pack Pods in Bottles. Boil together for 5 minutes the Vinegar, Water and "Sausetta." Strain through muslin or flannel. Fill Bottles with prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for ¾ hour.

The Pickled Nasturtium Pods will be ready for use in 2 to 3 weeks.

* * *

**Pickled Capers**

Capers

½ pint Vinegar (ordinary brown Malt Vinegar)

½ oz. Salt

1 teaspoon Pepper Corns

**Preparation**

Soak the Capers in a Brine made by putting ¼ lb. Salt to 1 pint Water, for 24 hours. Rinse in clean Water, and drain. Place Rings on Bottles. No. 3 and No. 10 Bottles are ideal, but require the use of a Steam Cooking Stand (see paragraph 8c, page 11). Pack Capers in Bottles. Boil together

**Pickled Capers (continued)**

for 5 minutes the Vinegar, Salt and Pepper Corns. Fill Bottles with prepared Vinegar and Pepper Corns. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for 1½ hours.

The Capers will be ready for use in about two weeks.

* * *

**Pickled Grapes**

Waltham Cross or Muscatel Grapes
1 lb. Sugar
2 pints Vinegar (ordinary brown Malt Vinegar)
2 tablespoons "Sausetta"

**Preparation**

Place Rings on Bottles. Pick Grapes from stalks and pack fairly firmly in Bottles. Mix thoroughly (cold) the Sugar, Vinegar and "Sausetta." Strain through muslin or flannel. Fill Bottles with prepared Vinegar. Place Covers and Clips on Bottles.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

* * *

**Paw Paw Sauce**

6 lbs. peeled and thinly sliced Paw Paw
1 pint Water
1 pint Vinegar (ordinary brown Malt Vinegar)
¼ bottle (2 fl. ozs.) "Sausetta"

**Preparation**

Place Rings on Bottles. Place Paw Paw and Water in preserving pan and simmer until soft. Add the Vinegar and "Sausetta." Boil gently until required thickness is reached (about 1 hour). Place a spoon in the Bottles to prevent cracking, and fill with hot Paw Paw Sauce (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for ½ hour.

# FRUIT JUICES SYRUPS and CORDIALS

Only one sterilisation is required for Fruit Juices, Syrups and Cordials.

The ideal Bottles to use are the China Stoppered Bottles. Every housewife having a Vacola Bottling Outfit, would be well advised to secure some of these Bottles, and make pure Fruit Juice drinks in the home for the family.

When sterilising the China Stoppered Bottles in the ELECTRIC Steriliser it will be necessary to invert the lid of the Steriliser as the Bottles are just a fraction too tall to enable the Steriliser lid to be placed on in the normal manner.

When sterilising the China Stoppered Bottles, the Bottles should be filled almost to the top as shown in illustration, Fig. 1, the China Stopper, Rubber Ring and Wire Lever of each Bottle should be adjusted, and the Stopper placed on the top of the Bottle as indicated in the illustration, Fig. 1. The Water is poured into the Steriliser until it reaches up to the tapered part of the Bottle neck. The Thermometer should be fixed in position while the Steriliser is being heated. The temperature should be raised SLOWLY—IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. About 10 minutes before the full sterilisation time has elapsed, the lid of the Steriliser should be removed, and the Stopper of each Bottle placed in the correct position, as shown in the illustration, Fig. 2. The Lever should then be pressed down until properly sealed, as shown in the illustration, Fig. 3. This should be


Fig. 1

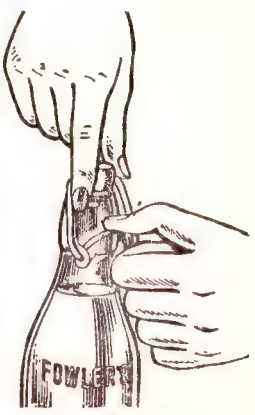



Fig. 2


Fig. 3

done without taking the Bottles from the Steriliser; the lid must then be replaced, and the Bottles allowed to stay in the Steriliser for the remaining 10 minutes.

The Bottles should then be taken out, and allowed to cool, when a vacuum seal will be obtained. The Bottles should not be opened until it is desired to use the contents, when they should be opened by pressing the two thumbs on the Spring Lever, as shown in illustration, Fig. 4. The Lever should be steadied at the back of the neck of the Bottle as soon as the tension is taken off and the spring released. A little practice will easily accomplish the knack of opening and closing the Bottles.


Fig. 4

The ordinary Vacuum Bottles may be used, and these should be sterilised in the usual way (see General Bottling Instructions, pages 9 to 16). The No. 10 size Bottle is very suitable, as it will hold sufficient Syrup or Cordial for 6 or 7 drinks, and is handy to take about. Do not forget, however, that the No. 10 Bottle requires the use of a Steam Cooking Stand (see paragraph 8c, page 11).

**Fruit Juices All kinds excluding Tomato Juice**

**Preparation**

It is possible to bottle Orange or Lemon Juice without the addition of Sugar but, after sterilisation, it will have a slightly bitter flavour.
Fruit Juice is made by grinding, pulping and pressing all kinds of Fruit so as to obtain the rich full-flavoured Juice. A little Water may also have to be added. For making Fruit Drinks, it is not desirable to strain all the pulp away, as a good

**Fruit Juices (continued)**

deal of the substance may be used, providing the seeds from Berry Fruit, and the stringy tissue from other Fruit, are sieved out. The Fruit Juice Extractor, illustrated on page 139, is excellent for this purpose.

When the Juice is prepared in the manner indicated above, it should be sweetened by adding approximately 1 lb. Sugar to 1 pint of Juice. Harmless colouring may be added if desired. Cochineal may be used to colour Raspberry, Strawberry, Cherry, Loganberry and similar Juices. Pineapple and Passion Fruit may be coloured with Lemon Yellow and so on. Stir the Sugar until it is dissolved in the Juice, then fill the Bottles, and sterilise as instructed on page 109.

**Temperature**

Bring to 165 degrees and hold at this temperature for 1½ hours.

* * *

**Tomato Juice**

Tomato Juice is delicious to drink. Try a glass of Tomato Juice as a thirst quencher. If heated, it makes a rich and nourishing hot drink. Tomato Juice contains Vitamin C in abundance, and is a very popular drink in America.

**Preparation**

Use fresh ripe Tomatoes, squash them up, place in preserving pan and add 1 teacup of Water to each 1 lb. of squashed Tomatoes. Boil for 10 minutes. Strain through a fine sieve to remove the seeds, skins and pulp. Fill the Bottles, and sterilise as instructed on page 109.

**Temperature**

Bring to 170 degrees and hold at this temperature for 2 hours.

* * *

**Orange and Lemon Squash**

One or two tablespoons of Squash or Cordial to a glass of hot, cold or aerated Water or Lemonade, makes a delicious drink. Equal parts of Orange and Lemon Juice, mixed together and bottled as per instructions for Squash or Cordial, make a very palatable 50/50 Squash or Cordial.

**Orange and Lemon Squash (continued)**

Squeeze out Juice by using a Fruit Juice Extractor as illustrated on page 139, or a glass or aluminium squeezer, pick out any pieces of skin, and strain out the pips. Do not strain out the small cells.

**Preparation**

To each pint of the Juice, add a ¼ lb. Sugar and stir until the Sugar has dissolved. Fill the Bottles, and sterilise as instructed on page 109.

**Temperature**

Bring to 165 degrees and hold at this temperature for 1½ hours.

* * *

**Orange and Lemon Cordial**

Prepare as for Orange or Lemon Squash, but do not add Sugar. Make a Syrup by mixing 6 lbs. Sugar with 1 gallon Water. Mix together equal parts of Juice and Syrup. Fill Bottles, and sterilise as instructed on page 109.

**Preparation**

**Temperature**

Bring to 165 degrees and hold at this temperature for 1½ hours.

* * *

**Syrups**

**All kinds including Blackberry, Black Currant, Grape, Loganberry, Raspberry, Red Currant, Strawberry but excluding Pineapple**

A delicious Syrup may be made from any of the Fruits mentioned and used for flavouring Ice Creams, Jellies, Sauces for Puddings, etc. A little Black Currant taken in a glass of hot Water at bedtime is a fine remedy for a cold.

**Preparation**

To every 1 lb. Fruit, add ½ lb. Sugar and ½ pint Water. Put all in a saucepan or preserving pan and boil for 15 minutes, stirring all the time, and squashing the Fruit as much as possible. Strain through a sieve or cheesecloth, and fill the Bottles. Sterilise as instructed on page 109.

**Temperature**

Bring to 165 degrees and hold at this temperature for 1½ hours.

* * *

**Pineapple Syrup**

If you have been bottling Pineapples, the trimmings, cores and small size pieces may be used for making a Syrup, or you may use whole Pineapples.

**Pineapple Syrup (continued)**

Using a Fruit Juice Extractor, as illustrated on page 139, or a mincing machine, grind the Fruit up as small as possible, being careful to catch the Juice. To every 1 lb. of crushed Fruit, add ½ lb. Sugar and ½ pint Water, and follow the instructions given for Syrups, All Kinds, on previous page.

* * *

**Cordials All kinds excluding Passion Fruit**

Having made the Syrups as instructed, you may make a Cordial from any of them. One or two tablespoons of Cordial to a glass of hot, cold or aerated Water or Lemonade, and you will have a delicious thirst-quenching drink.

**Preparation**

Put 2 lbs. Sugar to 1 quart Water and boil for a few minutes until it clears. Add 1 oz. Citric Acid and 1½ pints of any of the Syrups you have made. Fill the Bottles, and sterilise as instructed on page 109.

**Temperature**

Bring to 160 degrees and hold at this temperature for 1½ hours.

* * *

**Passion Fruit Cordial**

If you wish to remove the seeds, you may do so by straining through a coarse sieve, whisking the whole of the Cordial around thoroughly with a large spoon or egg beating whisk. About 2 tablespoons of this Cordial to a glass of hot, cold or aerated Water, or Lemonade, makes a delicious drink.

**Preparation**

Put 6 lbs. Sugar to 1 gallon Water and boil for a few minutes until it clears. Add 2 ozs. Citric Acid and 1 quart Passion Fruit Pulp. Fill the Bottles, and sterilise as instructed on page 109.

**Temperature**

Bring to 165 degrees and hold at this temperature for 1½ hours.

# SOUPS

## THERE ARE THREE IMPORTANT POINTS TO REMEMBER WHEN BOTTLING SOUP

1. Salt must be added to the Water in the Steriliser (see paragraph 8a, page 11), except in the case of Tomato Soup.
2. Two sterilisations are necessary. Although the Bottles may be perfectly sealed after the first sterilisation, it does not follow that they will remain so indefinitely.
3. BRING THE TEMPERATURE UP SLOWLY — IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE. ON NO ACCOUNT SHOULD THE SALT WATER IN THE STERILISER BOIL HARD OR "WALLOP" AS THIS MAY CRACK THE BOTTLES. JUST GENTLY BOIL.

   BEFORE COMMENCING BOTTLING, PLEASE READ GENERAL BOTTLING INSTRUCTIONS ON PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

**Tomato Soup**

- 1½ gallons Tomato Pulp
- ½ lb. very-finely-chopped Onions
- 6 ozs. Cornflour
- ½ oz. Bicarbonate of Soda
- 2 ozs. Butter
- 2½ ozs. Salt
- 1 lb. Sugar
- 1 tablespoon (1 fl. oz.) "Sausetta" Essence of Spices

**Preparation**

Place Rings on Bottles. Place Tomato Pulp and Onions in preserving pan and bring to the boil. As soon as the mixture boils, add the Butter and boil for 15 minutes. Then add the Salt, Sugar and "Sausetta," also the Bicarbonate of Soda. Mix the Corn Flour with a little Water into a smooth paste and pour into the Soup. Continue boiling until the Soup is the right consistency when a little is cooled off on a saucer. Place a spoon in the Bottles to prevent cracking, and fill with hot

**Tomato Soup (continued)**

Tomato Soup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 210-212 degrees and hold at this temperature for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for 1 hour.

* * *

**Asparagus Soup**

2 lbs. Asparagus Heads and crushed Asparagus
1½ pints Water
1 oz. Sugar
½ oz. Salt
2 ozs. Butter
4 ozs. Corn Flour
Pepper to taste

**Preparation**

Place Rings on Bottles. Take sticks of Asparagus and discard all stalk in excess of 5 inches. Cut the heads in ½ inch lengths for the first inch, and place aside. With a knife scrape the pulp from the sticks, discarding the bits of fibre. Put crushed Asparagus and heads in preserving pan with all other ingredients except the Corn Flour. Bring to the boil and boil for 10 minutes. Add the Corn Flour, mixed with a little Water into a smooth paste. Boil until the Soup is the right consistency when a little is cooled off on a saucer. Place a spoon in the Bottles to prevent cracking, and fill with hot Asparagus Soup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Scotch Broth**

1 lb. Neck Mutton
1 Carrot

**Scotch Broth (continued)**

1 Onion
1 Turnip
2 sticks Celery
1½ teaspoons Salt
2 tablespoons Rice or Barley
3 pints Water
1 tablespoon "Sausetta"

**Preparation**

Place Rings on Bottles. Cut Meat into small pieces, remove any fat. Put Meat, Bones, Water, Salt and well-washed Rice or Barley into a saucepan. Bring slowly to the boil. Peel Vegetables and cut into small dice. When liquid boils, remove scum, add Vegetables. Simmer for 2 hours. Remove Bones and any fat, leave Meat in Soup. Place a spoon in the Bottles to prevent cracking, and fill with hot Scotch Broth (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Pea Soup**

½ lb. Split Peas
1 Carrot
1 Onion
2 sticks Celery
1 quart Stock or Water
Ham Bones or Bacon Rind
1 teaspoon Dried Mint
1 tablespoon Flour

**Preparation**

Place Rings on Bottles. Wash Peas and soak overnight, or soak in hot Water with a pinch of Bicarbonate of Soda for ½ hour. Peel Vegetables and cut up roughly. Put Peas, Vegetables, Salt, Pepper, Ham Bones or Bacon Rind, and Stock or Water in a saucepan. Simmer for 3 hours. Remove Bones or Rind, turn Soup into a sieve and

**Pea Soup (continued)**

rub through the Peas and Vegetables. Return to saucepan. Mix Flour to a smooth paste with a little Water. Stir in to Soup. Boil for 3 minutes. Place a spoon in the Bottles to prevent cracking, and fill with hot Pea Soup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Giblet Broth**

2 sets Giblets

1 small Onion

1 blade Mace

1 teaspoon Salt

1 quart Water

6 Cloves

2 tablespoons Semolina or Sago

Pepper to taste

**Preparation**

Place Rings on Bottles. Prepare and wash Giblets, cut in small pieces. Put in saucepan with Water, Cloves, Salt, Mace and chopped-up Onion. Bring slowly to the boil. Simmer for 2 hours. Strain.

Put Semolina or Sago in saucepan, add liquid gradually. Boil for 15 minutes, add pepper to taste. Place a spoon in the Bottles to prevent cracking, and fill with hot Giblet Broth (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

**Mulligatawny, Soup**

2 Onions
Lean Bacon or Rind
1 Apple
1 oz. Butter
1 tablespoon Curry Powder
2 quarts Stock
1 tablespoon "Sausetta" Spices
1 Carrot
Small Turnip
1 dessertspoon Lemon Juice
1 dessertspoon Sugar
2 tablespoons Flour
1 dessertspoon Salt
1 dessertspoon Vinegar

**Preparation**

Place Rings on Bottles. Cut up Bacon. Peel and slice Vegetables and Apple. Melt Butter in saucepan, fry Onion, then Bacon. Add Apple, Vegetables, Curry Powder, stir over fire for 5 minutes. Add Stock, Salt, Pepper, Sugar. Simmer for 1 hour. Mix Flour with a little Water into a smooth paste, and add to Soup. Continue boiling until the Soup thickens. Remove from fire, add Lemon Juice and Vinegar. Place a spoon in the Bottles to prevent cracking, and fill with hot Mulligatawny Soup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Oxtail Soup**

1 Ox Tail
2 quarts Water
1 Carrot
1 Turnip
1 Onion
½ Head Celery

**Ox Tail Soup (continued)**

1 oz. Butter or clarified Fat

2 ozs. Flour

6 Cloves

1 dessertspoon Salt

Pepper to taste

**Preparation**

Place Rings on Bottles. Cut Ox Tail in joints, roll them in Flour. Peel and slice Vegetables. Melt Butter or clarified Fat in saucepan, fry Meat, fry Vegetables, till brown. Add all ingredients except Flour. Simmer for 4 to 5 hours. Strain, rub Vegetables through sieve. Mix Flour with a little Water into a smooth paste, and add to Soup.

Continue boiling until the Soup is thick enough.

Place a spoon in the Bottles to prevent cracking, and fill with hot Oxtail Soup (remove spoon).

Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for ½ hour.

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

## YOUR OWN SOUP RECIPES

**Preparation**

**Soup — All kinds excluding Tomato, Asparagus, Scotch Broth, Pea, Giblet Broth, Mulligatawny, Oxtail**

Place Rings on Bottles. Make the Soup to any recipe desired, as if to serve immediately. Place a spoon in the Bottles to prevent cracking, and fill with hot Soup (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 1 hour.

After 48 hours, re-sterilise, by bringing to 200 degrees and holding at this temperature for ¾ hour.

# MISCELLANEOUS

BRING THE TEMPERATURE UP SLOWLY—IT SHOULD TAKE ABOUT THREE QUARTERS TO ONE HOUR TO REACH THE REQUIRED TEMPERATURE.

FIRST READ GENERAL BOTTLING INSTRUCTIONS, PAGES 9 TO 16. THESE INSTRUCTIONS CONTAIN IMPORTANT DETAILS.

**Spaghetti**

**Preparation** Place Rings on Bottles. Prepare the Spaghetti to any recipe desired and cook as if for serving immediately. At the same time, prepare Tomatoes by scalding them and stripping off the peel. Cook for 15 minutes. If the Tomatoes are ripe, there should be sufficient juice without adding Water, but if firm, a little Water should be added. Also add Salt to taste. Mix Spaghetti with Tomatoes, and fill Bottles, or the Bottles may be filled with a layer of Spaghetti and a layer of Tomatoes alternately. Place Covers and Clips on Bottles.

**Temperature** Bring to 190 degrees and hold at this temperature for 1½ hours.

After 48 hours, re-sterilise, by bringing to 190 degrees and holding at this temperature for 1 hour.

* * *

**Baked Beans**

**Preparation** Place Rings on Bottles. Cover Haricot Beans with Water and allow to stand overnight — 15 to 16 hours soaking. Strain, rinse Beans in fresh Water. Place in saucepan, cover with Water, cook until soft. Make a thin White Sauce of Corn Flour and Water, boil until it thickens, and stir in an equal quantity of Tomato Sauce, Tomato Soup, Tomato Juice or Tomato Puree, at the same time

**Baked Beans (continued)**

adding a level saltspoon of Bicarbonate of Soda. Fill Bottles ¾ full with Beans, then fill Bottles to within ½ inch of the top with the prepared Sauce. Mix the Sauce among the Beans. Place Covers and Clips on Bottles. After the first sterilisation, and when the Bottles are cold, turn them upside down for a few minutes, to allow the Sauce to mix with the Beans again, before sterilising a second time. The Beans and Sauce usually become separated during sterilisation. Add Salt to sterilising Water.

**Temperature**

Bring to boiling point (210-212 degrees), allow to fall to 209 degrees (just under boiling point), and hold at 209 degrees until 1½ hours have elapsed since the Thermometer first registered *boiling point.*

After 48 hours, re-sterilise, by repeating the first sterilisation.

* * *

**Lemon Butter**

This recipe is supplied and recommended by one of our Clients:

½ lb. Butter

4 Eggs (2 whites discarded)

1 lb. Sugar

Rind of 3 Lemons

Juice of 4 Lemons

**Preparation**

Place Rings on Bottles. Put Butter into top of a double boiler. Melt, add Sugar. Stir until almost dissolved. (There is no fear of burning if a double boiler is used. If one is not available, a saucepan and basin will make a good substitute, or, if an

**Lemon Butter (continued)**

ordinary saucepan is being used, add a little Water to the Sugar to prevent burning). Add 4 yolks and 2 whites of Eggs, Lemon Juice and grated rind of Lemons. Stir, and cook until like Honey. Place a spoon in the Bottles to prevent cracking, and fill with hot Lemon Butter (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 170 degrees and hold at this temperature for 1¼ hours.

* * *

**Butter**

Many Clients have asked for directions for bottling Butter, and the following method has been found quite satisfactory. The Butter will keep almost indefinitely. It will not be just like fresh Butter, but will be very palatable and may be used in the ordinary way, or for cooking. Sometimes the Butter becomes slightly crystallised after cooling.

**Preparation**

Place Rings on Bottles. Melt the Butter in a saucepan, when the whole of the butter fat comes to the top, leaving the Water or moisture content of the Butter at the bottom of the saucepan. The fat is then poured off into the Bottles. First place a spoon in the Bottles to prevent cracking (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 160 degrees and hold at this temperature for ¼ hour.

* * *

**Mayonnaise**

The Mayonnaise will keep, unsterilised, for quite a long time without going rancid, but if you wish

to keep it for an indefinite period, it should be sterilised. Some people omit the Pepper, because it sometimes shows in small spots throughout the mixture.

**Preparation**

24 fl. ozs. Olive Oil, or Nutro Maize Salad Oil

4 Yolks of hard-boiled Eggs

4 ozs. Vinegar

½ oz. Mustard

Pinch of Salt

Pepper to taste (if desired)

Place Rings on Bottles. Mix well the Egg Yolks, Salt and Mustard with a small portion of the Vinegar. (Use a large wooden spoon or a mixing stick for beating up). Add the Oil very slowly, beating all the time, and continue beating until there is no evidence of the Oil. Gently add the remainder of the Vinegar, beating this in thoroughly until you have a nice creamy consistency. Pour in Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to 160 degrees and hold at this temperature for ¾ hour.

* * *

**Eggs, Hard Boiled, Pickled**

As a result of numerous enquiries which we have received since the price of Eggs became so high, we have included in this Edition of our Book of Instructions, directions for pickling hard-boiled Eggs. If these directions are followed, the Eggs will keep indefinitely, which means, of course, that

**Eggs, Hard Boiled, Pickled (continued)**

you will always have on hand a delicious supply of Eggs ready for use in Salads, Savouries, etc., during the Summer months. The solution, "Pik-Legg" (see page 147), which is necessary for this process, should be obtainable at your Grocery Store. If you have any difficulty in obtaining a bottle, please advise us.

*CAUTION:* WHEN POURING OUT "PIK-LEGG" BE CAREFUL NOT TO SPLASH THE HANDS OR FACE AS THE ACIDITY IS VERY STRONG. PLACE THE SOLUTION OUT OF REACH OF CHILDREN.

**Preparation**

Place Rings on Bottles. Mix 1 part of "Pik-Legg" to 3 parts of Water. (To do this, empty the contents of the "Pik-Legg" bottle into an EARTHENWARE JUG or ENAMEL BOWL, then fill the bottle three times with Water and add this to the "Pik-Legg" solution and stir for a moment). Any left over may be corked up for future use. Place the Eggs in cold Water. Bring to the boil, and boil for 5 minutes. Remove Eggs from boiling Water and immerse in cold Water for a couple of minutes. Lift out, crack the thick ends of the shells, and remove shells. Pack the hard-boiled Eggs in the Bottles. Fill Bottles with the diluted "Pik-Legg." Place Covers and Clips on Bottles.

**Temperature**

Bring to 200 degrees and hold at this temperature for ¼ hour.

* * *

**Jam**
**All kinds**

Jam, when sterilised, will keep indefinitely. Read about our "Jamsetta" on page 141. You will find recipes for Jam, using "Jamsetta," on pages 142 to 146. See also "Bottling Fruit for Jam Making," page 20.

## SEALING JAM IN VACUUM BOTTLES

**Jam (continued)**

**Preparation**

Place Rings on Bottles. Make the Jam to any recipe you wish. Place a spoon in the Bottles to prevent cracking, and pour in the hot Jam (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 200 degrees and hold at this temperature for ¼ hour.

**Diabetic Jam**

Place Rings on Bottles. For every 1 lb. of Fruit, you will require ¼ lb. or 3¾ fl. ozs. of Glycerine. Boil the Fruit for 20 minutes, add the Glycerine, and boil for 10 minutes, or until the Jam thickens sufficiently. Place a spoon in the Bottles to prevent cracking, and pour in the hot Jam (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 200 degrees and hold at this temperature for ¼ hour.

* * *

**Diabetic Marmalade**

Seville Orange, Grapefruit, Poor Man's and Sweet Orange.

3 lb. Oranges

2½ pints Water

¾ lb. or 11¼ fl. ozs. Glycerine

1 oz. pkt. "Jamsetta"

**Preparation**

Place Rings on Bottles. Cut up the Oranges, slicing or shredding the peel finely. Place in preserving pan and pour in the Water. Bring Water and Fruit to the boil and cook until peel is tender. Sprinkle in "Jamsetta." Boil for 1 minute, stirring continuously. Add Glycerine and boil vigorously until the Marmalade reaches jellying point, when tested by cooling off a little on a saucer. Place a spoon in the Bottles to prevent cracking, and

**Diabetic Marmalade (continued)**

pour in the hot Marmalade (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 200 degrees and hold at this temperature for ¼ hour.

* * *

**Fruit Mince Meat**

Delicious for making Mince Pies and Tarts, especially appreciated at Christmas time.

| | |
|---|---|
| 2 lb. Sultanas | ½ lb. Seeded Raisins |
| 5 lb. Sugar | 2½ pints Water |
| 5 lb. Currants | 1 fl. oz. Brandy |
| ½ lb. Mixed Peel | ¼ oz. Powdered Nutmeg |
| 2 lb. Chopped Apples | ¾ oz. Allspice |
| ¾ lb. Suet | Pinch Salt |

(Makes approximately 17 lb. Fruit Mince Meat)

**Preparation**

Place Rings on Bottles. Peel core and chop up Apples. Mix thoroughly with the Sugar. Mix in Nutmeg, Allspice and Salt. Allow to stand overnight to draw out juice from the Apples. Next day, mix in the remainder of the ingredients. Stir thoroughly. Pack in Bottles. Place Covers and Clips on Bottles.

**Temperature**

Bring to 180 degrees and hold at this temperature for 1 hour.

* * *

**Plum Pudding**

Although the production of the following Jars has been discontinued, if you have these Jars you may use the No. 8 Jelly Jar for a ½ lb. Pudding,

**Plum Pudding (continued)**

the ½ lb. Meat Mould for a ¾ lb. Pudding, and the No. 39 Tapered Jar for a 2 lb. Pudding, or you may use the two Bottles which are still readily available, the No. 28 Tapered Bottle for a 1¼ lb. Pudding, and the No. 42 Cylinder Bottle for a 2 lb. Pudding.

**Preparation**

Place Rings on Bottles. Make the Pudding to your own recipe, or use the recipe on this page. Put mixture in Bottles, allowing plenty of room for the Pudding to swell.

When using the No. 8 Jelly Jar or ½ lb. Meat Mould, fill to within ½ inch of the top.

When using the No. 28 Bottle, fill to within 1 inch of the top.

When using the No. 39 or No. 42 Bottle, fill to within 1½ inches of the top.

Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for 4 hours.

### Recipe for Plum Pudding

½ lb. Currants
½ lb. Raisins
½ lb. Sultanas
6 ozs. Suet
6 ozs. Breadcrumbs
6 ozs. Sugar
½ lb. self-raising Flour
2 Eggs
6 ozs. Mixed Peel
½ oz. Mixed Spices
¼ lb. Treacle

1 pint Milk (the Milk may be reduced a little and 1 or 2 tablespoons of Brandy added, if desired)

Mix dry ingredients together. Add Eggs, Treacle and then Milk, or Milk and Brandy. Stir well. See next page for Brandy Sauce.

**Brandy Sauce**

A delicious Brandy Sauce, which does not require sterilising, can be made just prior to serving the Plum Pudding, from the following recipe:

¼ cup Brandy
1 teaspoon Corn Flour
1 Egg Yolk
1½ tablespoons Sugar
½ pint Milk
½ oz. Butter
Mix together and boil for 5 minutes.

* * *

**Puddings, Steamed**

Many types of Puddings may be bottled satisfactorily, as well as the richer Plum Pudding. Such Puddings as Sultana, Currant, Date, Cinnamon, Ginger, Mildura and other steamed Puddings may be bottled.

**Preparation**

Place Rings on Bottles. Make the Pudding to your own recipe. Put the mixture in the Bottles, leaving sufficient room for the Pudding to rise (see instructions regarding this, under Plum Pudding). Place Covers and Clips on Bottles.

**Temperature**

Bring to boiling point (210-212 degrees) and hold at boiling point for whatever time the recipe states the Pudding should be boiled—1½ hours, 2 hours, etc.

* * *

**Tomato Pulp**

Bottled Tomato Pulp is very handy for making Tomato Sauce, later on.

**Preparation**

Place Rings on Bottles. Wash Tomatoes and put through a mincing machine with a coarse knife fitted, or crush Tomatoes in any other way. Place in preserving pan. Add ¼ oz. Salt to each pint of Pulp. Boil for 15 minutes. Place a spoon in the Bottles to prevent cracking, and fill with hot Pulp (remove spoon). Place Covers and Clips on Bottles. Use WARM sterilising Water.

**Temperature**

Bring to 200 degrees and hold at this temperature for 2 hours. One sterilisation is sufficient.

**Preserved Fruits are soaring higher and higher in price. Become your own manufacturer by securing a Fowlers Vacuum Bottling Outfit today.**

*Description — page 130*

## VACOLA No. 1 BOTTLING OUTFIT

*Consisting of:*

1 Blocked Tin Steriliser to hold 7 Bottles
1 Thermometer
1 148-page Copyright Book of Instructions
1 Bottle Brush
7 No. 20 Bottles complete with Lacquered Metal Covers and Rubber Rings
7 No. 27 Bottles complete with Lacquered Metal Covers and Rubber Rings
14 Spring Clips.

**One of the Bottles filled with Fruit as a Sample**

If desired, Glass Covers, or Stainless Steel Covers can be supplied.
This Outfit can be supplied with—
Copper Deluxe Steriliser,
Blocked Tin Electric Steriliser, or
Copper Deluxe Electric Steriliser.
Copper Deluxe Sterilisers can be supplied with Nickel Plated finish.

## FOWLERS VACOLA
### MANUFACTURING CO. LTD.
### 257 BURWOOD ROAD, HAWTHORN, E.2, VICTORIA

# Vacola No. 1 Bottling Outfit

*(Illustrated on page 129)*

## Description

The No. 1 Vacola Bottling Outfit is suitable for those requiring only a limited quantity of bottled Fruit and Vegetables, etc., during the year. Its capacity enables 7 Bottles to be sterilised at one time, and all size Bottles may be used in the Steriliser.

This Outfit commends itself to those who do not grow their own Fruit and Vegetables, and have to depend upon buying small quantities at a time.

By the addition of the Steam Cooking Stand, illustrated on page 138, the Steriliser may be used in a variety of ways as a culinary utensil for sterilising Milk and for steaming Puddings, Meat, Vegetables and other foods. It may be used on a Gas, Electric, Wood, Coal, Kerosene or Oil Stove.

*Description — page 132*

## VACOLA No. 2 BOTTLING OUTFIT

*Consisting of:*

1 Blocked Tin Steriliser to hold 12 Bottles
1 Thermometer
1 148-page Copyright Book of Instructions
1 Bottle Brush
12 No. 20 Bottles complete with Lacquered Metal Covers and Rubber Rings
12 No. 27 Bottles complete with Lacquered Metal Covers and Rubber Rings
24 Spring Clips.

**One of the Bottles filled with Fruit as a Sample**

If desired, Glass Covers, or Stainless Steel Covers can be supplied.

This Outfit can be supplied with—

Copper Deluxe Steriliser,
Blocked Tin Electric Steriliser, or
Copper Deluxe Electric Steriliser.

Copper Deluxe Sterilisers can be supplied with Nickel Plated finish.

FOWLERS VACOLA
**MANUFACTURING CO. LTD.**
**257 BURWOOD ROAD, HAWTHORN, E.2, VICTORIA**

# Vacola No. 2 Bottling Outfit

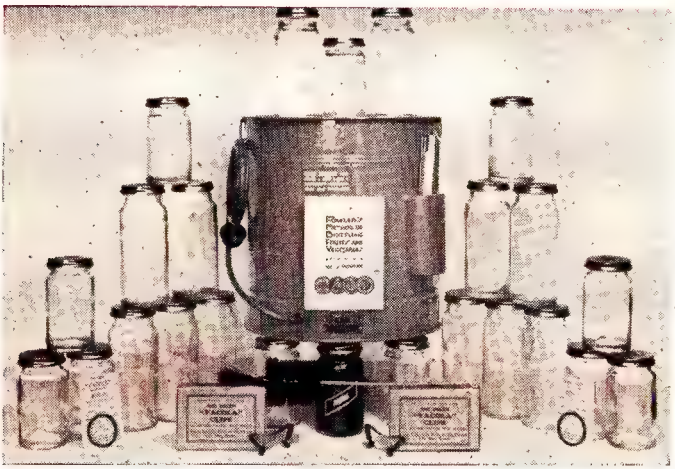
*(Illustrated on page 131)*

## Description

The No. 2 Vacola Bottling Outfit is the most popular size, and is the one we especially recommend for preserving a supply of Fruit and Vegetables for the average size family.

The Steriliser will hold 12 Bottles at one time, and will accommodate any size Bottle.

To those who grow a limited quantity of Fruit and Vegetables, this Outfit enables the surplus which cannot be used in the fresh state, to be preserved for use during the off season, thus ensuring a continuous supply. It should be in every home, as it provides a pleasurable and profitable hobby, which brings health and good cheer to the table at all times.



## VACOLA No. 2 ELECTRIC BOTTLING OUTFIT

*Consisting of:*

1 Electric Steriliser complete with "High" and "Low" Switch,

5 feet Heavy Rubber Armored Cable and 3-pin Plug,

Bottles and Fittings as No. 2 Outfit, illustrated on page 131.

## HOW TO USE ELECTRIC STERILISER

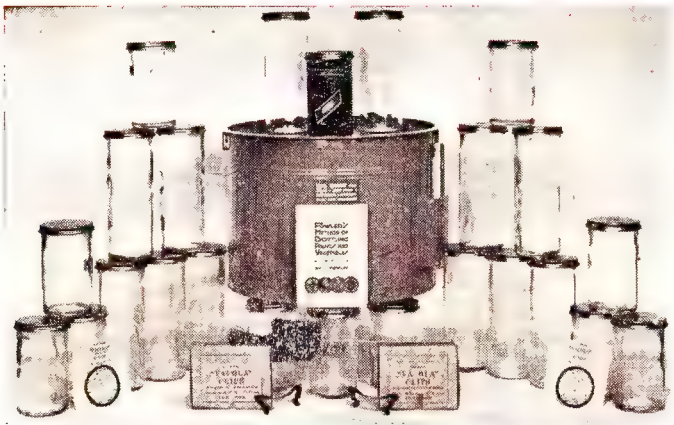
(1) Stand the Steriliser in a convenient position, preferably raised from the table to avoid scorching same. If nothing better is available, it may be stood on a couple of bricks.

(2) First put Water into the Steriliser until the strainer is just covered, then place in position the filled Bottles, and pour in the requisite quantity of Water until it reaches three parts up the side of the Bottles.

(3) Now plug into the power-point. Put the switch on the Steriliser over to "HIGH" and heat up until the required temperature is reached. Now put the switch on the Steriliser over to "LOW."

(4) It will then hold its temperature fairly constant through the period required, but if it continues to rise, adjust by turning off at the power-point switch for a few minutes, or if the temperature falls, switch on to "HIGH" for a few minutes.

After using the Steriliser a few times, one becomes expert.



## VACOLA No. 7 BOTTLING OUTFIT

*Consisting of:*

1 Blocked Tin Steriliser to hold 12 New Pattern Cylinder Bottles
1 Thermometer
1 148-page Copyright Book of Instructions
1 Bottle Brush
12 No. 31 New Pattern Cylinder Bottles complete with Lacquered Metal Covers and Rubber Rings
12 No. 36 New Pattern Cylinder Bottles complete with Lacquered Metal Covers and Rubber Rings
24 Spring Clips.

**One of the Bottles filled with Fruit as a Sample**

If desired, Glass Covers, or Stainless Steel Covers can be supplied.

This Outfit can be supplied with—

Copper Deluxe Steriliser,
Blocked Tin Electric Steriliser, or
Copper Deluxe Electric Steriliser.

Copper Deluxe Sterilisers can be supplied with Nickel Plated finish.

***The No. 7 Vacola Outfit is the Essence of Perfection.***

**This Outfit is designed after the style of the No. 2 size, which is so very popular, but contains all our New Pattern Cylinder Bottles with extra wide mouth: 4″. One can get one's hand right inside the Bottle, to facilitate packing. This is the finest Outfit we have yet produced.**

# FOWLERS VACOLA
## MANUFACTURING CO. LTD.
## 257 BURWOOD ROAD, HAWTHORN, E.2, VICTORIA


## VACOLA BOTTLES

See pages 74 and 75 for illustrations of all Bottles except the No. 14 and No. 19 illustrated herewith.


**No. 14 (1 lb., 3 in. mouth). For Berry Fruits, Jams, etc.**

## GLASS COVERS

New Pattern Glass Covers, ideal for sealing bottled Meat, Vegetables, Tomatoes and indeed all food products are now available for Vacola Bottles Nos. 14, 20, 27, 31, 36 and 65. When sealing Glass Covers, it is advisable to use 2 Clips, crosswise, as illustrated on the left.

**No. 19 (2 in. mouth) Excellent Display Bottle for Olives Jams, etc.**

## STAINLESS STEEL COVERS

These Covers, which are rustless and will last a lifetime, are now available in a full range of sizes.

## WHITE MULTIPLE LIFE RINGS

New round White Multiple Life Rubber Rings are now available for most size Bottles, and these, although slightly more expensive to buy, are cheaper in the long run, because they can be used four or five times, as against the Square Section Rubber Rings, which should be used once only.

## HOME BOTTLING HELPS OR ACCESSORIES

### Stainless Knife


Saves discolouration of Fruit when preparing for bottling.

## Pear Corer


This ingenious little implement enables the core to be cut cleanly from the Pear just by a twist of the wrist, leaving a small round hole in the middle of each half-Pear.

## Peach Pitting Spoon

This spoon-shaped appliance, with sharp edges, is a very practical instrument for cutting the stone clean out of a Cling Peach.

## Pineapple Corer


This utensil cuts the hard, centre core quickly, simply and cleanly from the Pineapple Rings. Pineapples should not be sterilized with the core left in as the core becomes tough during sterilizing.

## Cherry Stoner

Stoned Cherries and Cherry Pie without stones are much appreciated. The stone is punched out of the Cherry, leaving the Fruit quite whole.

## Packing Stick


Very handy for placing and packing Fruit and Vegetables nicely in the Bottles.

## Bottle Tongs

This handy little device is particularly useful for lifting the hot Bottles from the Steriliser. Saves burning the hands or knocking the clips off.

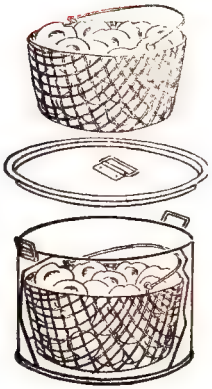
## Vacuum Bottle Opener


This little utensil has been especially designed for opening the Vacuum Bottles without damaging the Covers.

## Home Fruit Bottling Helps Set


Ask your Storekeeper for this handy Set of Home Fruit Bottling Helps. The Set comprises Stainless Knife, Pear Corer, Peach Pitting Spoon, Packing Stick, Bottle Tongs and Vacuum Bottle Opener.

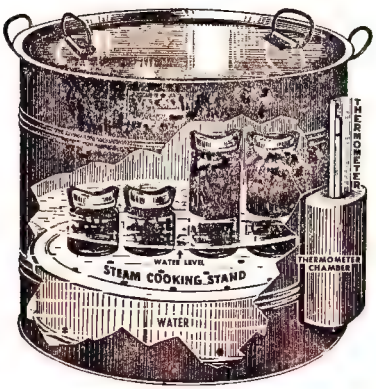
## Wire Blanching Basket and Boiler



This equipment has been specially designed to assist in the peeling, blanching and washing of all Fruit and Vegetables. It is particularly useful for scalding Peaches and Tomatoes when removing their skins, and for blanching Vegetables and washing them prior to cooking.

Complete instructions for use are given on pages 43 and 67.

## Steam Cooking Stand




**Above: Steam Cooking Stand**

**Left: Steriliser showing Steam Cooking Stand in use**

When using Vacola Bottles Nos. 3, 10 or 14, a Steam Cooking Stand should be used. By standing the Bottles on this Stand, sufficient Water may be poured into the Steriliser till the Water flows over the Stand nearly up to the neck of the Bottles and into the Thermometer-well. This is necessary to allow the Water to reach the Thermometer, which will then register correctly.

## DESIGNED ESPECIALLY FOR DIABETICS AND ALL WHO DRINK FRUIT AND VEGETABLE JUICES . . .

# FOWLER'S "VACOLA" FRUIT AND VEGETABLE JUICE EXTRACTOR OUTFIT

As illustrated, consisting of:

1 Fruit and Vegetable Juice Extractor
3 China Stoppered Bottles
1 Wood Feeder Plunger
1 Copyright Instruction Book—"Fowlers Method of Extracting Fruit and Vegetable Juices."

Vegetable juices contain valuable mineral salts and the juice of Carrots, Parsnips, Celery, etc., is rapidly becoming increasingly popular as a health diet.

The Bottles supplied with the Vacola Fruit and Vegetable Juice Extractor Outfit are ideal for storing juice in a refrigerator or ice chest, as the China Stoppers can be securely clamped down to prevent any odours from other food contaminating the juice. Fruit and Vegetable Juices should never be put away in jugs or open necked vessels. Should it be desired to keep the Juices for a long time, they should be sterilised in the China Stoppered Bottles. Instructions for sterilising are given on page 109.

## VACOLA GINGER BEER KIT

You can brew a delicious Ginger Beer in your own home, with the aid of the above Outfit and Fowlers Copyright Recipe for making a Ginger Beer Plant or Culture, which is supplied with the Outfit. Ask your storekeeper about it!

## VACOLA JAM BOTTLING OUTFIT


*Consisting of:*

1 Jam Jar Sealing Machine
2 dozen 1 lb. Jam Jars, with "Gripard" Covers and Waxed Paper Discs
1 Instruction and Recipe Book 1 Jar Opening Stick

The Jam Bottling Outfit, illustrated on the opposite page, has been specially designed to simplify the sealing down of Jam. The Jars with the "Gripard" Covers are hygienic and easy to operate—the Sealing Machine simply clamps the Covers securely on the Jars and protects the contents from insects and rodents. Extra Jars and Fittings are always available.

**Kleer-View Jam Covers**

These Cellophane Covers are a boon to those who do not possess a Jam Bottling Outfit.

* * *

## SET YOUR JAM WITH "JAMSETTA"

*It's easy to make perfectly set Jam with JAMSETTA — here's how to Save Time — Save Sugar — Save Fruit — Save Fuel*


The one thing that keeps many housewives from making their own Jam is the unpleasant thought that the Jam may not set! Thanks to Fowlers JAMSETTA Powdered Fruit Pectin this anxiety no longer exists. By using JAMSETTA you ensure that none of the flavour or colour of the Fruit is boiled away. This means of course more and better Jam at less cost. Remember, "you are judged by your Jams" and your friends will class you one of the best Jam-makers in the world if you use JAMSETTA.

*Mrs. B. Thrifty says:*

"JAM SETS IN A JIFFY WHEN YOU USE JAMSETTA"

*Obtainable at all leading stores throughout Australia*

**FOWLERS VACOLA MFG. CO. LTD.**

HAWTHORN, VICTORIA and ROSEBERY, N.S.W.

*See pages 142-146 for "JAMSETTA" recipes*

## Some EASY-TO-MAKE Jams with Powdered Fruit Pectin

*(For details see page 141)*

### STRAWBERRY JAM

3 lbs. Strawberries
3 lbs. Sugar
Juice 1 Lemon
2 1-oz. packets Jamsetta

Wash the Fruit if necessary, pick off the stalks, and place the Strawberries in a preserving pan. Add the Lemon Juice and about half a teacup of Water to keep the bottom of the pan from burning, and bring to the boil. While the Fruit is heating, stir well to ensure that it does not burn. Shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

### RASPBERRY/LOGANBERRY JAM

3 lbs. Raspberries or Loganberries
3 lbs. Sugar
Juice 1 Lemon
1 1-oz. packet Jamsetta

Pick over the berries carefully and if the Fruit is clean do not wash it, but if dirty rinse in a bowl of Water. Crush lightly and if the Fruit is firm add a little Water (about 1 teacup), add the Lemon Juice and bring to a simmer. Shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

### APRICOT CONSERVE

3 lbs. Apricots
3 lbs. Sugar
2 1-oz. packets Jamsetta

First wash the Fruit, cut into halves, remove the stones, then place the Fruit in a preserving pan with sufficient Water to cook the Fruit (about 2 teacups or more), then cook until the Fruit is soft. Shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill the hot Conserve into Jars and seal.

* * *

## PLUM JAM

3 lbs. Plums
3 lbs. Sugar
1 1-oz. packet Jamsetta

Put the Fruit into a preserving pan with sufficient Water to keep the pan from burning (about 2 teacups or more). Boil the Fruit until the flesh leaves the stones. Skim off the stones and shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## QUINCE CONSERVE

3 lbs. Quinces
3 lbs. Sugar
1 1-oz. packet Jamsetta

Peel the Quinces, remove the cores, cut into thin slices. Place the Fruit into a preserving pan, just cover with Water, and boil until soft. Cover with Sugar. Stand overnight and next day bring to a simmer. Shake in the Jamsetta, stirring continuously, and bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## MELON JAM

3 lbs. Melon
3 lbs. Sugar
2 1-oz. packets Jamsetta

Peel the Melon, remove the seeds and cut into cubes. Allow to stand overnight in 1 teacup of Water and half the quantity of Sugar. Next day cook in preserving pan until soft. Shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the balance of the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## BLACKBERRY/YOUNGBERRY JAM

3 lbs. Blackberries or Youngberries
3 lbs. Sugar
1 1-oz. packet Jamsetta

Pick over the Berries carefully and if the Fruit is clean do not wash it, but if dirty rinse in Water. Crush lightly and bring to simmer. Shake in the Jamsetta, stirring continuously. Bring to the boil for 1 minute and then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## MARMALADE
### Seville Orange, Grapefruit, Poor Man's and Sweet Orange

3 lbs. Oranges (thinly sliced)
5 pints Water
9 lbs. Sugar
1 1-oz. packet Jamsetta

1. Cut up the Oranges, slicing or shredding the peel finely.
2. Place in preserving pan and pour in the Water.
3. Bring Water and Fruit to the boil and cook until peel is tender. Sprinkle in Jamsetta and boil for 1 minute, stirring continuously.
4. Now add the Sugar and boil vigorously until the Marmalade reaches jellying point, as shown by testing a little on a saucer. This should take about 10 minutes.

NOTE.—The actual weight of Fruit may be a fraction over or under the weights specified for each of the foregoing recipes.

## CHINESE GOOSEBERRY JAM

3 lbs. Chinese Gooseberry Pulp

3 lbs. Sugar

Juice 3 Lemons

2 1-oz. packets Jamsetta

The Chinese Gooseberry Pulp is obtained by cutting the Gooseberries in half and scooping out the Pulp. Place the Pulp in a preserving pan with about 2 teacups of Water, and boil till the Pulp is almost cooked. Add the Lemon Juice, then shake in the Jamsetta stirring continuously. Bring to the boil for 1 minute, then stir in the Sugar. Bring back to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## TREE TOMATO AND APPLE JAM

3 lbs. Tree Tomatoes

1 lb. Apples

4 lbs. Sugar

2 1-oz. packets Jamsetta

Pour boiling Water over the Tree Tomatoes and after 3 to 5 minutes, skin them. Cut into pieces. Peel, core and slice the Apples. Place the Fruit in a preserving pan, with about 2 teacups of Water. Boil till the Fruit is almost cooked. Shake in the Jamsetta stirring continuously. Bring to the boil and boil hard for 5 minutes. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## APPLE JELLY

3 pints Juice

3 lbs. Sugar

1 1-oz. packet Jamsetta

To obtain the Juice, choose green Apples, wash them and cut them roughly into pieces, including peels and cores. Place in a preserving pan, cover with Water and boil until the Apples are tender. Pour into a jelly bag and allow the Juice to seep through. It is better to allow the Apples to drain overnight; the bag should not be squeezed to press any of the Pulp through. Transfer the Juice to Bottles and allow to stand until the sediment drops to the bottom. Pour off clear Juice. Stir into the Juice (3 pints), 3 lbs. Sugar and boil gently for 15 minutes. Shake in the Jamsetta and boil hard for 1 minute. Allow to stand for 5 minutes, then fill into Jars and seal.

* * *

## FIG JAM

3 lbs. Figs
3 lbs. Sugar
1 1-oz. packet Jamsetta

Use only fresh, ripe Figs. Wash and then drain them. Cut off the stems and cut the fruit into small pieces. Place the fruit into a preserving pan with sufficient water to cook the fruit (about two teacups). After cooking until soft shake in the Jamsetta, stirring continuously. Bring to the boil for one minute and then stir in the sugar. Bring back to the boil and boil hard for five minutes. Allow to stand for five minutes, then fill into jars and seal.

* * *

*CRAB APPLE, PINEAPPLE, QUINCE, LOQUAT AND ALMOST ALL OTHER FRUIT JUICES, CAN BE MADE INTO JELLY BY USING JAMSETTA AND FOLLOWING THE ABOVE DIRECTIONS*

Each of the above recipes should yield approximately 5 to 6 lbs. of Jam. You may use your own recipes for any other Jams, using Jamsetta in similar proportions.

## "PIK-LEGG"

You can ensure a supply of delicious Pickled Eggs, ready for use at a moment's notice, if you bottle a supply in PIK-LEGG solution in your Fowlers Vacola vacuum self-sealing Bottles. Pickled eggs are a delicious complement to all salads, savouries, cold meats and poultry. So handy too, to take on a picnic! Bottle eggs when they are plentiful and enjoy them when they become scarce later in the year. Instructions for using Pik-Legg may be found on page 123.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## "SAUSETTA" Essence of Spices

Every user of a Vacola Bottling Outfit should always have a bottle of "Sausetta" in the home for adding flavour to Pickles and Sauces, recipes for which are given on pages 96 to 108. "Sausetta" added to Soups, gives a piquant and appetising flavour. "Sausetta" added to Gravies is delicious. "Sausetta" is Essence of Spices blended together ready for use, and saves the trouble of purchasing separate Spices which sometimes are difficult to obtain. It is packed in 8 fluid ounce Bottles as illustrated on the left.

# INSTRUCTIONS FOR COOKING HAM IN YOUR FOWLERS STERILIZER

1. First take a soft dish cloth and plug up the hole where the thermometer fits, wet the cloth before pressing it into the hole.
2. Saw a few inches off the knuckle bone of the ham so that it will fit into the sterilizer.
3. Cover the ham with water (warm water from your hot water service is suitable, if you have one, if not, cold water will do).
4. Heat up to boiling point, this will take anywhere between half an hour and one hour, according to the size of the ham.
5. As soon as you can hear the contents of the sterilizer boiling, then you take the time and keep it boiling for one hour.
6. After boiling for one hour, turn off the heat and place the sterilizer on the floor in a suitable position and pack it down with a travelling rug or any other suitable material, such as an old blanket, coat, etc., pack it thoroughly so as to keep in all the heat. Allow it to stand overnight (it is better to put the ham on about seven o'clock in the evening).
7. In the morning pour off the liquid (the ham will still be very hot), lift it out and place on a large dish and put in a suitable place to cool. Do not remove the skin until thoroughly cold.
8. When thoroughly cold, pull off the skin and cover the ham with grated bread crumbs. It will then be ready to carve and will be found excellent.

## *CAUTION:*

**The Copyright instructions contained in this book apply only to foodstuffs preserved in FOWLERS AUTOMATIC SELF-SEALING VACUUM BOTTLES AND JARS, and should not be used with any other type of jar.**

**These instructions are for use ONLY with FOWLERS VACUUM SELF-SEALING BOTTLES AND JARS when used in FOWLERS VACOLA STERILISER.**

**They do not apply if Bottles are processed in any other type of container or Steriliser including a Pressure Cooker or Pressure Vessel of any type or in a Gas, Electric or any type of Stove, Copper, Wash Copper, or by any other improvised method, and if so used we disclaim any responsibility or liability for incidents or accidents caused thereby.**